



KOSHER NOSH GUIDE

SUMMER 2020





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The information in this guide is **only** applicable to products made for the **UK market**.

All details are correct at the time of going to press but are subject to change. For the latest information check www.isitkosher.uk. Sign up for email alerts and updates on www.kosher.org.uk or join Facebook **KLBD Kosher Direct**.

No assumptions should be made about the kosher status of products not listed, even if others in the range are approved or certified.

It is preferable, whenever possible, to buy products made under Rabbinical supervision.

WARNING: The designation 'Parev' does not guarantee that a product is suitable for those with dairy or lactose intolerance.

WARNING: The 'Nut Free' symbol is displayed next to a product based on information from manufacturers. The KLBD takes no responsibility for this designation. You are advised to check the allergen information on each product.

K^{LBD} GUESS WHAT'S IN YOUR FOOD



Hi Noshers!

Even in these difficult times, and perhaps now more than ever, we need our Nosh!

But can we be sure it's Kosher? You'd be amazed what your food is made of! Several common confectionery ingredients can be of animal origin such as gelatine, glycerine, and stearate, whilst the natural red colour of cochineal (E120) is made from beetles! Furthermore, even if the ingredients listed

on the label may suggest a particular product is fine, 'release agents', ie fats used on the production line, might be non-kosher. In fact, even products which claim to be 'vegetarian' could be non kosher, if the factory which makes them uses the same equipment for products containing ingredients of animal origin.

This guide has been produced by the KLBD to advise you what you can and can't eat. Some 700 products listed are kosher certified by the KLBD and we are delighted that the range of certified products continues to grow, including M & M's Crunchy Caramel, Salted Caramel and Chocolate Eggs, and the new Mars Snickers Crisp, Twix Salted Caramel and Twix Top, amongst other exciting products.

Special thanks are due to Rosalind Coten, Michal Emanuel, Naomi Green, Dalia Bloch, Elisheva Wolfson, Lea Riegelhaupt and Paula Kaye for their meticulous work in researching the product list; to David Attiach, graphic designer Steve Berwick and the team at Liquid Bubble for the design and production of this guide and to all our advertisers and sponsors. Thanks also to Gita Rotenberg for her input on the design.

All details are correct at the time of going to press but are subject to change.

Keep up with the latest kashrut news by signing up to our email or text alerts, our Facebook group and Twitter Feed, or download the Kosher London app to receive notifications. You can check the kosher status of products using the superfast search at www.isitkosher.uk, which is also available as an Android app.

Keep well, keep safe and keep kosher!

B'teavon

Rabbi Jeremy Conway (BA Hons)

Director KLBD

FOR ALL YOUR KOSHER INFORMATION

Is It Kosher Search
www.isitkosher.uk

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 Kosher Direct

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 020 8343 6247

Email alerts sign up
www.kosher.org.uk

Email Enquiries
info@kosher.org.uk

K^{LBD} USING THE PRODUCT LISTINGS

PRODUCTS WHICH ARE KLBD CERTIFIED

Like many kashrut authorities around the world, the KLBD uses the American kosher logo system. Companies whose products are KLBD certified are signatories to a lengthy legal contract binding them to particular ingredients, suppliers and manufacturing processes approved by the KLBD. These factories also undergo regular Rabbinic inspection. As in the American system, baked products are not necessarily Pas Yisrael, and dairy products may be Chalav Akum.

PRODUCTS WITHOUT CERTIFICATION, APPROVED FOR THE NOSH GUIDE

Products listed in the Nosh Guide which are neither supervised nor bearing the logo have been investigated by our food technologists and approved on this basis. The investigations cover ingredients, any processing aids and shared use of equipment.

EXPLANATION OF KASHRUT SYMBOLS



Products under the supervision of or certified by KLBD, logo on packaging. Parev unless indicated Dairy.



As above but the KLBD logo does not appear on the packaging.

S

Certified by another recognised authority (see logo on packaging).

CY

Dairy products containing Chalav Yisrael (supervised milk).

D

Dairy products containing Chalav Akum (non-supervised milk).

P

Products approved and Parev*.

NK

Not kosher.



Nut Free according to information from the manufacturers.

*Products listed as Parev may bear an allergen warning 'Contains traces of milk', but this does not affect their Parev status.

PROBLEMATIC E NUMBERS

E120	E422	E430	E431	E432
E433	E434	E435	E436	E441
E442	E470	E470a	E470b	E471
E472a	E472b	E472c	E472d	E472e
E472f	E473	E474	E475	E476
E477	E479b	E481	E482	E483
E491	E492	E493	E494	E495
E542	E570	E572	E144	

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To request a list of products which are **GLUTEN OR WHEAT FREE** email info@kosher.org.uk. The list is compiled based on information from the manufacturers and the KLBDO does not accept responsibility for its accuracy. You are advised to make your own, independent enquiries.

BISCUITS

Only kosher certified biscuits should be purchased. Many KLBDO licensees produce a wide range of biscuits which are available from kosher bakeries, kosher stores and supermarkets with a kosher section.



DOVES FARM FREE

- Cookies Chocolate Chip
- Cookies Double Chocolate
- Cookies Lemon Zest
- Cookies Stem Ginger

KOOKIE CAT

For stockists see www.kookiecat.com.

- Almond Chocolate
- Cacao Nibs Walnut
- Chia Lemon
- Hemp Cacao
- Pineapple Orange
- Salted Caramel
- Vanilla Choc Chip

NESPRESSO

Only the following are approved. Available from Nespresso shops and www.nespresso.com/uk.

- P** Amaretti
- D** Cantuccini

OREO

A kosher supervised version of Oreos is available from kosher stores.

- NK** Biscuits

POURTOI

KLBDO certified gluten, wheat, dairy and lactose free biscuits and cookies. For stockists see www.pourtoi.co.uk. For a full list of products see www.isitkosher.uk.

PREWETTS

Only the following are certified. Other products are not approved.

- D** Chocoful
- D** Cookies Chewy Oat & Raisin
- D** Cookies Spicy Dark Chocolate & Ginger
- D** Digestive Biscuits
- D** Jammy Wheels

RAKUSEN'S

- Choc Chip
- Chocolate Bears
- Chocolate Oatie
- Digestive

- Digestive Dark Chocolate
- Nice
- Spiced Ginger with Cinnamon
- Vanilla Bears

WAITROSE DUCHY ORGANIC

- D** Biscuits Chocolate Ginger
- D** Biscuits Chocolate Orange
- D** Biscuits Oaten
- D** Biscuits Oaten Rosemary & Thyme
- D** Shortbread Chocolate & Vanilla
- D** Shortbread Highland
- D** Shortbread Lemon
- D** Shortbread Stem Ginger

WALKERS

- SD** Biscuits
- SD** Cookies
- SD** Shortbread



BREAD

One should always buy Pas Yisrael bread - Jewish baked kosher bread - whenever possible. Pas Palter - bread produced in a non-Jewish commercial bakery with kosher ingredients - may be purchased when no similar Pas Yisrael product is readily available. Bread which is not kosher certified is not permitted.

COHENS BAKERY BUCKINGHAM BOULANGERIE

Pas Yisrael. For stockists see www.isitkosher.uk.

- Bagels
- Challa
- Challa Rolls
- Pitta Breads
- Rye

HOVIS

Pas Palter. Only certified when bearing the KLBDO logo.

- Best of Both (750g)
- Farmhouse Soft White
- Farmhouse Wholemeal
- Granary Authentic (800g)
400g loaf is not certified.
- Granary Wholemeal
- Nimble Wholemeal
- Seed Sensations Seven Seeds
Original (800g)
400g loaf is not certified.

- Seed Sensations Sunflower & Pumpkin Seed
- Seed Sensations Wholemeal
- Soft White
- Soft White Half Loaf
- White Bloomer
- Wholemeal Tasty
- Wholemeal Tasty Half Loaf

MOTHERS PRIDE

Pas Palter.

- White Scottish Plain
- Wholemeal

WARBURTONS

Pas Palter. Only listed products are kosher certified. The bracha is Hamotzi for all products, including Bagels, Crumpets and Muffins.

- Bagels Cinnamon & Raisin
- Bagels Plain
- Bagels Sesame
- Bagels Thin Cinnamon & Raisin
- Bagels Thin Plain
- Bagels Thin Protein Seeded
- Bloomer Batch White
- Bloomer Lancashire's
Thoroughbread
- Buns Burger Seeded Sliced
- Crumpets
- Crumpets Giant
- Fruit Loaf Cinnamon & Raisin
- Fruit Loaf Orange
- Half Loaf White Medium
- Loaf Batch Pulses & Seeds
- Loaf Batch Seeded
- Loaf Danish
- Loaf Farmhouse White
- Loaf Soft White Medium
- Loaf Soft White Thick
- Loaf White Medium
- Loaf White Thickest
- Loaf Wholemeal Medium
- Loaf Wholemeal Thick
- Muffins Toasting
- Rolls Half & Half Sliced
- Rolls Hotdog Sliced
- Rolls White Large
- Rolls White Sliced
- Rolls Wholemeal Sliced
- Teacakes Fruity
- Thins Brown
- Thins White
- Thins Wonder
- Toastie Half Loaf
- Toastie Pockets Brown
- Toastie Pockets White
- Toastie Sourdough
- Toastie Super
- Toastie White
- Toastie Wholemeal
- Wonderloaf

CAKES & PASTRIES

Only supervised cakes, etc can be guaranteed, as others can be made with non-kosher fats such as lard, mono & di-glycerides and other ingredients of non-kosher origin. Some supervised brands are available in supermarkets which stock kosher products. So Real bakery sells products made from spelt.



CHOCOLATE & SWEET SPREADS



CADBURY

- D** Milk Chocolate

MERIDIAN

- P** Cocoa & Hazelnut
- P** Cocoa & Peanut

NUTELLA

- D** Hazelnut Cocoa
- D** Nutella & Go

NUTURAL WORLD

Certified with or without KLBDO logo. For stockists see www.naturalworld.com.

- Chocolate Halva
- Sesame & Dates

PLAMIL SO FREE

For stockists see www.plamilfoods.co.uk.

- Chocolate Alternative to Milk
- Chocolate Dark

SESAME KINGDOM

Available from www.sesamekingdom.co.uk.

- Halva
- Tahini Chocolate

SWEET FREEDOM

- NK** Choc Pot

TIPTREE

- D** Banoffee
- D** Chocolate
- D** Chocolate Orange
- D** Curd Black Currant
- D** Curd Lemon
- D** Curd Lime
- D** Curd Passionfruit
- D** Salted Caramel

CONFECTIONERY

See also SUGAR FREE CONFECTIONERY p.42.



ADAMS

- NK** Bubbaloos

ALTOIDS

- NK** Peppermints

AUSTRALIAN SOFT EATING LIQUORICE




Available from Lakeland.

- P** Green Apple
- P** Original
- P** Strawberry

BARRATT



- NK** All Products

BENDICKS

-  Bittermints
-  Chocolate Mint Crisps
-  Mint Collection



BOOJA BOOJA

69g boxes only. For stockists see www.boojabooja.com.

-  Truffles Chocolate Dark Ecuadorian
-  Truffles Chocolate Raspberry

B RAW CAKES

Only listed products are certified. For stockists see www.brawcakes.co.uk.

-  Bar Brawnty
-  Bar Snikkerz

CADBURY

- D** Bitsa Wispa
- NK** Boost
- NK** Boost Bites
- P** Bournville Classic
- P** Bournville Giant Buttons
- P** Bournville Old Jamaica
- P** Bournville Orange
- D** Buttons White
- D** Caramel Egg
- D** Chomp
- D** Creme Egg

40g eggs only. Mini Creme Eggs are not approved.

- D** Creme Egg Twisted Bag
- D** Crunchie
- D** Crunchie Rocks
- D** Curly Wurlly
- D** Dairy Milk
- D** Dairy Milk 30% Less Sugar
- D** Dairy Milk Buttons

Includes Giant Buttons.

- D** Dairy Milk Buttons Mixed
- D** Dairy Milk Caramel
- D** Dairy Milk Caramel Nibbles
- D** Dairy Milk Crunchie Bits
- D** Dairy Milk Freddo
- D** Dairy Milk Fruit & Nut
- NK** Dairy Milk Marvellous Maynards
- D** Dairy Milk Turkish
- D** Dairy Milk Wholenut
- D** Darkmilk Original
- D** Double Decker
- D** Eclairs Classic
- D** Flake
- D** Fudge
- D** Heroes

Heroes containing any of the following chocolates are permitted: Creme Egg Twisted, Crunchie Bits, Dairy Milk, Dairy Milk Caramel, Dinky Decker, Eclairs, Fudge, Twirl and Wispa.

- D** Milk Tray
 - D** Mini Eggs
- Not to be confused with Mini Creme Eggs, which are not approved.

- D** Picnic
- D** Snack Sandwich Chocolate
- D** Snack Shortcake
- NK** Starbar
- D** Twirl
- D** Twirl Bites
- D** Wispa
- D** Wispa Gold

CHUPA CHUPS

- P** Apple
- D** Caramel
- P** Cherry
- D** Cocoa Vanilla
- P** Cola
- P** Cola Lemon
- NK** Crazy Dips Strawberry
- P** Mini
- P** Orange
- P** Raspberry
- D** Raspberry Vanilla
- P** Strawberry
- D** Strawberry Cream
- D** Vanilla
- P** Watermelon

DARRELL LEA

- S** Liquorice Soft Original
- S** Liquorice Soft Strawberry

DIVINE

- P** Dark Chocolate 70%
- P** Dark Chocolate 85%
- P** Dark Chocolate Ginger & Orange
- P** Dark Chocolate Hazelnut
- P** Dark Chocolate Mint Crisp
- P** Dark Chocolate Pink Himalayan Salt
- P** Dark Chocolate Raspberries
- P** Dark Chocolate Thins Mint
- D** Dark Chocolate Thins Salted Caramel
- D** Milk Chocolate 45%
- SD** Milk Chocolate Coins
- D** Milk Chocolate Orange
- D** Milk Chocolate Smooth
- D** Milk Chocolate Toffee & Sea Salt
- D** White Chocolate
- D** White Chocolate Strawberries

ELIZABETH SHAW

- P** Crisp Dark Mint
- D** Crisp Milk Mint
- D** Crisp Milk Orange
- D** Crisp Milk Salted Caramel



Bakeries



The Bagel Place • The Brown Bear Bakery • Bonjour

La Brioche • Carmelli • Cohens Bakery

Crème de la Crème • Daniels • The Family Bread

Grodzinski Golders Green • Grodzinski Hendon

Hendon Bagel Bakery • Just Kosher

King's Bakery & Pizzeria • Munch 'N Crunch

Parkway Finchley • Parkway Golders Green

Parkway Wembley • Perele's Cakes • Pourtoi (Gluten Free)

Renbake • Sharon's Edgware • Sharon's Hendon • So Real

Tami's Cakery • Woodberry Down • Yossi's Bakery



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CONFECTIONERY CONT'D....

FERRERO

- D** Collection
- D** Eggs Cocoa
- D** Golden Gallery

Includes boxes of 22 and 42 pieces.

- D** Raffaello
- D** Rocher
- D** Rocher Grand

FIRETREE

- K^{osher}** Madagascar Sambirano Valley
- K^{osher}** Papua New Guinea Karkar Island
- K^{osher}** Philippines Mindanao
- K^{osher}** Solomon Islands Guadalcanal
69% and 100%.

- K^{osher}** Solomon Islands Makira Island
- K^{osher}** Vanuatu Malekula Island

FOX'S

- P** Glacier Dark
- P** Glacier Fruits
- P** Glacier Mints
- P** Glacier Spearmints

FOX'S

- D** Classic Original
- D** Rocky Caramel
- D** Rocky Chocolate

FRUITTELLA

Fruittella products are Not Kosher.

FRY'S

- NK** Chocolate Cream
- NK** Peppermint Cream
- D** Turkish Delight

GO NUTZ

Chocolate coated fruit, nuts and confectionery bearing the KLBDD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

GODIVA

Many pre-packaged products are kosher certified and bear the OU D logo. Those with no logo are not permitted. When buying loose from a shop counter they should be able to advise which chocolates are kosher.

GREEN & BLACK'S ORGANIC

- D** Collection Classic
- D** Collection Connoisseur
- D** Collection Milk
- D** Collection Tasting
- P** Dark Chocolate 70%
- P** Dark Chocolate 85%
- P** Dark Chocolate Ginger
- P** Dark Chocolate Hazelnut & Currant
- P** Dark Chocolate Maya Gold

- D** Dark Chocolate Toffee
- D** Milk Chocolate
- D** Milk Chocolate Almond
- D** Milk Chocolate Butterscotch
- D** Milk Chocolate Sea Salt
- D** White Chocolate

GUYLIAN

Many products are kosher certified and bear the OK D logo. For a full list see www.isitkosher.uk.

HARIBO

Haribo purchased from supermarkets and regular shops is Not Kosher. A kosher version bearing a hechsher is available from kosher stores.

HUBBA BUBBA

- P** Bubble Tape Cool Cola
- P** Bubble Tape Fancy Fruits
- P** Bubble Tape Snappy Strawberry
- P** Gum Atomic Apple
- P** Gum Original
- P** Gum Seriously Strawberry

JELLY BELLY

- S** Jelly Beans Assorted
- S** Jelly Beans Fruit Bowl
- S** Jelly Beans Ice Cream Parlour Mix
- S** Jelly Beans Smoothie Blend
- S** Jelly Beans Sours
- S** Jelly Beans Tropical Mix
- S** Sport Beans

JUST BRAZILS

- D** Dark
- D** Milk

JUST WHOLEFOODS

Available from Ocado.

- K^{osher}** Fruit Jellies Frooty Fruits
- K^{osher}** Fruit Jellies Vegebears
- K^{osher}** Fruit Jellies Vegebears Slightly Sour

KINDER

- D** Bueno
- D** Bueno Dark
- D** Bueno White
- D** Choco Bons

Includes Mini.

- D** Chocolate
- D** Chocolate Cereals

- D** Chocolate Medium
- D** Happy Hippo Cocoa
- D** Happy Hippo Hazelnut
- D** Joy
- D** Surprise

KINNERTON

- D** Milk Chocolate Character Bars
- D** Milk Chocolate Character Lollipops

CONFECTIONERY CONT'D....

KLENE

NK Licorice

KOSHER DELIGHTS

Lentils and mini fruits bearing the KLBBD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

LEONIDAS

Some Leonidas chocolates are kosher certified by the CRC, although they do not bear a kosher logo. For a full list see www.isitkosher.uk. Most Leonidas stockists should be able to advise which chocolates are kosher.

LINDT

- D** Creation Milk Chocolate Cake
- D** Creation Milk Creme Brulee
- D** Creation Milk Fresh Lemon
- D** Creation Milk Pistachio Delight
- P** Excellence Dark 70%
- D** Excellence Dark 78%
- P** Excellence Dark 85%
- P** Excellence Dark 90%
- P** Excellence Dark 99%
- D** Excellence Dark Caramel Sea Salt
- D** Excellence Dark Chilli
- D** Excellence Dark Intense Cherry
- D** Excellence Dark Intense Coconut
- D** Excellence Dark Intense Lime
- D** Excellence Dark Intense Mint
- D** Excellence Dark Intense Orange
- D** Excellence Dark Intense Raspberry
- D** Excellence Dark Roasted Hazelnut
- D** Excellence Dark Sea Salt
- D** Excellence Milk Extra Creamy
- D** Excellence White Vanilla
- D** Lindor Bar Milk

Listing refers to 100g bar only. None of the other Lindor products are approved.

NK Petits Desserts

D Swiss Classic Milk Chocolate

LION

NK All Products

LUCKY COUNTRY

- SD** Licorice Apple
- SD** Licorice Black
- SD** Licorice Blackcurrant
- SD** Licorice Strawberry

M & M'S

Only the products listed are kosher certified, other varieties are not kosher.

K **D** Crunchy Caramel
Available from August/ September 2020.

K **D** Eggs Chocolate

K **D** Salted Caramel

MAOAM

NK All Products

MARS

Balisto products are available from discount stores.

K **D** Balisto Original Bar

K **D** Balisto Yoberry Bar

K **D** Bounty Dark

K **D** Bounty Fun Size

K **D** Bounty Milk

Certified with or without KLBBD logo.

K **D** Celebrations

K **D** Galaxy Caramel

K **D** Galaxy Cookie Crumble

Not to be confused with McVities Galaxy Cookie Crumble Slices, which are not approved.

K **D** Galaxy Counters

K **D** Galaxy Crispy

K **D** Galaxy Honeycomb Crisp

K **D** Galaxy Minstrels

K **D** Galaxy Nut Crunch

K **D** Galaxy Ripple

K **D** Galaxy Salted Caramel

K **D** Galaxy Smooth Milk

K **D** Galaxy Swirlers Crunch Caramel

K **D** Galaxy Swirlers Crunch Shortbread

K **D** Galaxy Wafer Curls Chocolate

K **D** Galaxy Wafer Curls Hazelnut

K **D** Maltesers

K **D** Maltesers Teasers Bar

K **D** Mars

K **D** Mars Bites

K **D** Mars Choc Brownie

K **D** Mars Fun Size

K **D** Mars Mix

K **D** Milky Way

K **D** Milky Way Crispy Rolls

K **D** Milky Way Fun Size

K **D** Milky Way Magic Stars

Certified with or without KLBBD logo.

K **D** Revels

K **D** Snickers

K **D** Snickers & Hazelnut

K **D** Snickers Bites

K **D** Snickers Crisp

K **D** Snickers Fun Size

K **D** Topic

K **D** Twix

K **D** Twix Bites

K **D** Twix Fun Size

K **D** Twix Miniatures

K **D** Twix Salted Caramel

K **D** Twix Top

K **D** Twix White



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Eighty Six • Eli's Pizza • Hummus Bar Golders Green
Hummus Bar Hendon • Kaifeng • La Fiesta • Mr Baker
Novellino • Novellino Bistro • Orli Caffè
Orli Bagel Bakery in the Wood • Sami's Edgware
Sami's Golders Green • Sami's Hendon • Sushi Haven
Taboon • Tasti Pizza Edgware • Tasti Pizza Stamford Hill
Tish • White Fish • White House Express

www.kosher.org.uk
info@kosher.org.uk • 020 8343 6247



SERENITY SUITE



158 Station Road, Edgware, HA8 7AW

Tel: 02089511347

Email: info@serenitysuite.co.uk

www.serenitysuite.co.uk

CONFECTIONERY CONT'D....

MAYNARDS BASSETTS

Only the listed products are approved.

- P** Cherry Drops
- D** Everton Mints
- P** Murray Mints
- P** Sherbet Lemons

MENTOS

Mentos purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher stores.

MILLIONS

The products listed are certified with or without the KLBD logo.

- K** Apple
- K** Blackcurrant
- K** Bubblegum
- K** Cola
- K** Multi
- K** Orange & Lemon
- K** Raspberry
- K** Strawberry
- NK** Vimto

NESPRESSO

Available from Nespresso shops and www.nespresso.co.uk.

- D** Chocolate Blond
- D** Chocolate Dark
- D** Chocolate Dark Salted Caramel
- D** Chocolate Milk

NESTLE

- D** Aero Bar Milk
- D** Aero Bar Mousse
- D** Aero Bar Orange
- D** Aero Bar Peppermint
- D** Aero Bubbles Milk
- D** Aero Bubbles Peppermint
- D** After Eight Bites
- D** After Eight Mints
- D** Animal Bar
- NK** Black Magic Assortment
- D** Blue Riband Original
- D** Breakaway
- D** Breakaway Caramac
- D** Caramac
- D** Crunch Milk
- NK** Dairy Box The Classic Collection
- NK** Dairy Box The Deluxe Collection
- D** Drifter
- D** Kit Kat
- D** Kit Kat Chunky
- D** Kit Kat Chunky Duo
- D** Kit Kat Chunky Peanut Butter
- D** Kit Kat Cookies & Cream
- D** Kit Kat Dark
- D** Kit Kat Dark 70%

- D** Kit Kat Orange
 - D** Lion
 - D** Lion Peanut
 - D** Milkybar
 - D** Milkybar Buttons
- Includes Giant Buttons.

- D** Munchie Munchies
- D** Munchies
- P** Polo Fruits
- P** Polo Original
- P** Polo Spearmint
- D** Quality Street Assortment
- D** Quality Street Matchmakers Cool Mint
- D** Quality Street Matchmakers Zingy Orange
- D** Quality Street Purely Purple Ones
- D** Rolo
- D** Rolo Little
- D** Smarties
- NK** Smarties Buttons
- D** Smarties Mini
- D** Smarties Sharing Block
- D** Toffee Crisp
- D** Toffee Crisp Biscuit
- D** Toffee Crisp Bitesize
- D** Whip Vanilla
- D** Whip Walnut
- D** Yorkie
- D** Yorkie Biscuits
- D** Yorkie Raisin & Biscuit

NIBBLES

Chocolate coated fruit, nuts and confectionery bearing the KLBD logo. Available from kosher stores. For a full list see www.isitkosher.co.uk.

NIPITS

- P** Aniseed
- P** Menthol
- P** Original

NUTELLA

- D** B ready

PANDA NATURAL

- D** Liquorice Bar Mint Filled
- P** Liquorice Bar Original
- P** Liquorice Bar Raspberry
- P** Liquorice Bears Original
- D** Liquorice Creams
- P** Liquorice Original
- P** Liquorice Raspberry
- D** Liquorice Torpedoes

PAYNE'S POPPETS

- P** Mint
- D** Toffee

This venue is not under any kashrut supervision,
but is available for use by KLBD caterers.



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Free Kosher
London App



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CONFECTIONERY CONT'D....

PLAMIL

For stockists see www.plamilfoods.co.uk.

- K** Dairy Free Chocolate Bears
- K** Organic Dairy Free Chocolate Hearts

PLAMIL SO FREE

- K** Cocoa Bites Dark
- K** Cocoa Bites Smooth
- K** Cocoa Bites White
- K** Dark Chocolate Coconut Blossom
- K** Dark Chocolate Extra
- K** Dark Chocolate Mint
- K** Dark Chocolate Orange Tropical
- K** Dark Chocolate Perfectly
- K** Milk Chocolate Alternative
- K** Milk Chocolate Organic Half Eggs
- K** Smooth Cocoa & Coconut
- K** White Chocolate Alternative

PLAYIN CHOC

Available from www.playinchoc.com.

- K** Gift Sets
- K** JustChoc Boxes
- K** ToyChoc Boxes

QUIGGIN'S

- P** Kendal Mint Cake Brown
- P** Kendal Mint Cake Chocolate Covered
- P** Kendal Mint Cake White

RICOLA

For sugar free products in boxes, see SUGAR FREE CONFECTIONERY p.42.

- P** Honey Herb
- P** Honey Lemon Echinacea
- P** Original Swiss Herb

ROWNTREES

- NK** All Products

SAINSBURY'S

- NK** Fruit Pastilles
- NK** Liquorice Allsorts
- NK** Wine Gums

SAINSBURY'S TASTE THE DIFFERENCE

- NK** Belgian Chocolate Assortment

SESAME KINGDOM

Flavoured halvahs certified KLBD Parev. Available from www.sesamekingdom.co.uk. For a full list see www.isitkosher.uk.

SESAME SNAPS

- P** Chocolate
- P** Coconut
- P** Original

SIMPKINS

For a full list of approved Simpkins sweets see www.isitkosher.uk.

- P** After Dinner Mints
- P** Drops Barley Sugar
- P** Drops Forest Fruit
- P** Drops Mixed Fruit
- P** Drops Mixed Mint
- P** Drops Orange, Lemon & Grapefruit
- P** Drops Tropical Fruit
- P** Liquorice Sticks
- P** Olde Miner Original

SKITTLES

- P** Crazy Sours
- P** Fruits
- P** Tropical
- P** Wild Berry

SMINT

- P** Mint
- P** Spearmint
- NK** XXL Strawberry

STARBURST

- NK** Chewing Gum
- P** Chews Original Fruit
- P** Chews Original Minis

Other Chews are not approved.

SULTANS

- P** Chocolate Ginger
- P** Stem Ginger
- P** Turkish Delight Hazelnut
- NK** Turkish Delight Luxury
- D** Turkish Delight Milk Chocolate Rose Bars
- D** Turkish Delight Milk Chocolate Rose Box
- P** Turkish Delight Pistachio
- P** Turkish Delight Rose & Lemon Box
- NK** Turkish Delight Rose & Lemon Pick & Mix

TAVENERS

- NK** All Products

TERRY'S

- NK** All Gold Dark
- D** Chocolate Orange Dark
- D** Chocolate Orange Milk
- D** Chocolate Orange Milk Bar

THE GREAT CHARACTER CANDY CO

- P** Surprise Egg Character

THE JELLY BEAN FACTORY

Products are permitted when bearing the OU logo.

THE NATURAL CONFECTIONERY COMPANY

- NK** All Products

TIC TAC

- P** Apple Burst
- NK** Cherry Passion
- P** Fresh Mint
- P** Intense Mint
- NK** Lime & Orange
- P** Mint Rush
- NK** Mixers Cherry Cola
- P** Spearmint Twist
- P** Strawberry Fields

TOBLERONE

- D** Crispy Coconut
- D** Dark
- D** Fruit & Nut
- D** Milk
- D** Tiny
- D** White

TREBOR

- NK** Extra Strong Peppermint
- NK** Extra Strong Spearmint
- P** Soft Fruits
- P** Softmints Peppermint
- P** Softmints Spearmint

TRIDENT

- NK** All Products

VIMTO

- NK** Chewy Sweets
- NK** Tongue Ticklers

WERTHER'S ORIGINAL

- D** Butter Candies
- D** Creamy Filling

WORLD OF NUTS

Chocolate coated fruit and nuts bearing the KLBD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

WRIGLEY'S

- P** Gum Airwaves Black Mint
- P** Gum Airwaves Blackcurrant
- P** Gum Airwaves Cherry Menthol
- P** Gum Airwaves Extreme
- P** Gum Airwaves Menthol & Eucalyptus
- P** Gum Doublemint
- P** Gum Extra Bubblegum
- P** Gum Extra Cool Breeze
- P** Gum Extra Ice Peppermint
- P** Gum Extra Ice Spearmint
- P** Gum Extra Minis Peppermint
- P** Gum Extra Minis Spearmint
- P** Gum Extra Peppermint
- P** Gum Extra Spearmint
- P** Gum Extra Strawberry
- P** Gum Extra White
- P** Gum Extra White Bubblemint
- P** Gum Juicy Fruit
- P** Gum Spearmint
- P** Mints Extra Peppermint

XXX

- NK** Extra Strong Mints

LET US BRING
THE KLBD
ROADSHOW
TO YOU

Over 200 KLBD certified
products (sold in local shops)
to see and taste

Contact Sharon Feldman Vazan
sharonfv@klbdkosher.org
07956 563778 / 020 8343 6327

Book now for 2021!

CRACKERS, RICE & CORN CAKES



JACOB'S

- Cream Crackers
- Cream Crackers Baker's Choice
- Cream Crackers High Fibre
- Cream Crackers Snack Packs

KALLO

- P** Buckwheat Super Seeds
- P** Corn Cake Thins
- P** Corn Cakes Ancient Grains
- P** Corn Cakes Chia Seeds
- P** Corn Cakes Lightly Salted
- P** Protein Lentil Cakes
- P** Rice & Corn Cakes Blueberry & Vanilla
- P** Rice Cake Minis Belgian Dark Chocolate
- D** Rice Cake Minis Belgian Milk Chocolate
- P** Rice Cake Thins Belgian Dark Chocolate
- D** Rice Cake Thins Belgian Milk Chocolate
- P** Rice Cake Thins Unsalted Organic
- P** Rice Cakes Apple & Cinnamon
- P** Rice Cakes Lightly Salted
- P** Rice Cakes Lightly Salted Organic
- P** Rice Cakes Savoury
- NK** Rice Cakes Sea Salt & Balsamic Vinegar
- P** Rice Cakes Sesame Seed
- D** Rice Cakes Spicy Chilli
- P** Rice Cakes Unsalted Organic
- D** Rice Cakes Yoghurt

RAKUSEN'S

- Snackers
- Snackers Chocolate
- Snackers Gluten Free

REAL FOODS

Kosher certified Corn Thins bearing the OK logo.

RUDE HEALTH

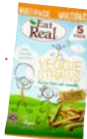
- Crackers Brown Rice
- Crackers Buckwheat & Black Bean
- Crackers Buckwheat & Chia
- Crackers Chickpea & Lentil
- Crackers Corn
- Crackers Multigrain
- Crackers Oat & Spelt

TUC

- Crackers Original
- KLBD certification covers packs produced and sold in the UK. Packs manufactured overseas which are sold in some discount stores are not approved.

CRISPS & SNACKS

See also NUTS & SEEDS p.30 and POPCORN p.31.



COFRESH

- Channa Dall
- Crinkles Hot Chilli
- Grills Cheese & Onion
- Grills Chilli & Lemon
- Grills Chilli Cheese
- Grills Jalapeno
- Grills Peri Peri
- Grills Sweet Chilli
- Hoops Hot Chilli
- Mix Balti
- Mix Bombay
- Mix Bombay Hot
- Mix Jaffrezi
- Mix London
- Poppadum Curls Chilli Lemon
- Poppadum Curls Mango Chutney
- Poppadum Curls Plain
- Poppadum Curls Sweet Chilli
- Rice Sticks Plain

Also known as Chakri. Some packaging says 'Savoury Indian Snack'. Flavoured Rice Sticks are not approved.

- Spirals Hot Chilli

CORNERS

Snacks carrying the OU logo. For a full list see www.isitkosher.uk.

DORITOS

Doritos purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher stores.

EAT REAL

- Chips Hummus Chilli & Lemon
- Chips Hummus Chilli Cheese
- Chips Hummus Creamy Dill
- Chips Hummus Sea Salt
- Chips Hummus Sea Salt Organic
- Chips Hummus Sour Cream & Chives
- Chips Hummus Tomato & Basil
- Chips Lentil Chilli & Lemon
- Chips Lentil Creamy Dill
- Chips Lentil Mango & Mint
- Chips Lentil Sea Salt
- Chips Lentil Sea Salt Organic
- Chips Lentil Tomato & Basil
- Chips Quinoa Chilli & Lime
- Chips Quinoa Paprika
- Chips Quinoa Sour Cream & Chives
- Chips Quinoa Sundried Tomato & Roasted Garlic

- Chips Quinoa Sweet Chilli
- Puffs Quinoa & Kale Cheddar White
- Puffs Quinoa & Kale Jalapeno & Cheddar
- Puffs Quinoa Cheddar White
- Puffs Quinoa Infused Mediterranean
- Puffs Quinoa Jalapeno & Cheddar
- Straws Cheezie
- Straws Veggie Kale, Tomato & Spinach
- Straws Veggie Sea Salt

EMILY

Available from selected supermarkets, kosher shops, independent health food stores and Ocado.

- Fruit Crisps Fig Banana
- Fruit Crisps Pineapple
- Fruit Crisps Red Apple
- Sticks Sweet Potato Chilli & Lime
- Sticks Sweet Potato Salt & Pepper
- Sticks Sweet Potato Sea Salt
- Veg Crisps Sweet Potato, Carrot & Beetroot

FREYA'S

Available from Aldi.

- Fruit Crisps Apple
- Fruit Crisps Pineapple

GOLDEN WONDER

- P** Crisps Ready Salted
- P** Crisps Salt & Vinegar

INDUS

Available from selected ASDA stores and independent retailers.

- Bombay Mix

JACOB'S

- NK** Twiglets

KETTLE

Products not listed are not approved.

- Chips Lightly Salted
- Chips Sea Salt Peppercorns

KIRKLAND SIGNATURE

Available from Costco.

- Crisps Sea Salt

KP

- NK** Discos
- NK** Frisps
- NK** Hula Hoops

LOVE CORN

- Habanero Chilli
- Salt & Vinegar
- Sea Salt
- Smoked BBQ

McCOYS

Excludes Chip Shop Sea Salted Chips. Flavoured varieties are not approved.

- P** Ridge Cut Salted

MONSTER MUNCH

- NK** All Varieties

NIM'S

For stockists see www.nimsfruitcrisps.com.

- Crisps Apple & Beetroot
- Crisps Beetroot & Parsnip
- Crisps Cucumber & Tomato
- Crisps Peppers & Courgette
- Crisps Pineapple & Beetroot
- Crisps Pineapple & Cucumber
- Fruit Crisps Apple
- Fruit Crisps Melon & Orange
- Fruit Crisps Pear
- Fruit Crisps Pineapple
- Fruit Crisps Pineapple & Kiwi
- Fruit Crisps Watermelon
- Kids Crisps Courgette
- Kids Fruit Crisps Apple
- Kids Fruit Crisps Pear

PRINGLES

Pringles purchased from supermarkets and regular shops are Not Kosher. A kosher version bearing a hechsher is available from kosher stores.

RUDE HEALTH

- Cornitas Black Bean
- Cornitas Chickpea & Lentil

SCRUBBYS

Available from kosher shops.

- Chips Hummus Chilli & Lemon
- Chips Hummus Chilli & Lime
- Chips Hummus Creamy Dill
- Chips Hummus Jalapeno & Cheddar Cheese
- Chips Hummus Sea Salt
- Chips Hummus Sundried Tomato & Basil
- Chips Lentil Chilli & Lemon
- Chips Lentil Creamy Dill
- Chips Lentil Hot & Spicy
- Chips Lentil Sea Salt
- Chips Lentil Sundried Tomato & Basil
- Chips Quinoa Chilli & Lime
- Chips Quinoa Hot & Spicy
- Chips Quinoa Plain
- Chips Quinoa Sour Cream & Chives
- Chips Quinoa Tomato & Roasted Garlic

SHALIMAR

Available from kosher shops.

- Bombay Mix

CRISPS & SNACKS CONT'D....

SMITHS

NK Chipsticks Salt 'n' Vinegar

SNAPS

NK Spicy Tomato

SNYDER'S OF HANOVER

Pretzel snacks bearing the OU-D logo. For a full list see www.isitkosher.uk.

TEN ACRE

For stockists see www.tenacrecrisps.co.uk.

K Crisps Cheese & Onion

K Crisps Hickory BBQ

K Crisps Salt

K Crisps Salt & Vinegar

K Crisps Sweet & Sour

K Crisps Sweet Chilli

TIPTREE

Available from www.tiptree.com.

K Crisps Beetroot & Parsnip

K Crisps Pepper & Courgette

K Crisps Tomato & Cucumber

K Fruit Crisps Apple

K Fruit Crisps Pear

K Fruit Crisps Pineapple

WALKERS

Only the listed Walkers products are approved.

All other varieties of Walkers Crisps and Snacks are Not Kosher.

P Crisps Hint of Salt Natural Sea Salt

P Crisps Ready Salted

P Crisps Salt & Shake

DESSERTS

See also YOGHURT DRINKS p.43 and YOGHURTS & DAIRY DESSERTS p.44.



ALPRO

P Creamy Caramel

P Creamy Coconut

P Dark Chocolate

P Smooth Chocolate

P Velvet Vanilla

ARLA

D Lactofree Plain

AMBROSIA

D Deluxe Custard Belgian Chocolate

D Deluxe Custard Vanilla Clotted Cream

D Deluxe Custard Vanilla Salted Caramel

D Deluxe Custard Vanilla West Country Cream

D Devon Custard

D Devon Custard Banana
D Devon Custard Chocolate
D Devon Custard Light
NK Devon Custard Strawberry
D Devon Dream
D Mini Custard
D Mini Rice
D Rice Pudding Chocolate

DOLE

P Blackcurrants in Blackcurrant Jelly
P Blueberries in Blueberry Jelly

FREAKS OF NATURE

Available from the chilled section in most supermarkets.

K Hot Pudding Cherry Bakewell

K Hot Pudding Chocolate Fudge

K Hot Pudding Lemon Sponge

K Hot Pudding Sticky Toffee

HALO TOP

NK Desserts

HARTLEY'S

P Fruit in Jelly Apple in Blackcurrant

P Fruit in Jelly Mandarin in Orange

P Fruit in Jelly Mango in Mango

P Fruit in Jelly Peach in Strawberry

P Fruit in Jelly Pineapple in Pineapple

P Glitter Jelly Mixed Berry

P Glitter Jelly Raspberry

P Glitter Jelly Strawberry

NK Jelly Crystals Sugar Free

NK Jelly Cubes

P Jelly Pots 10 Cal Apple & Watermelon

P Jelly Pots 10 Cal Black Forest Gateau

P Jelly Pots 10 Cal Blueberry & Blackcurrant

P Jelly Pots 10 Cal Cranberry & Raspberry

P Jelly Pots 10 Cal Elderflower & Lemonade

P Jelly Pots 10 Cal Key Lime Pie

P Jelly Pots 10 Cal Lemon Cheesecake

P Jelly Pots 10 Cal Mango & Passionfruit

P Jelly Pots 10 Cal Orange

P Jelly Pots 10 Cal Peach Melba

P Jelly Pots 10 Cal Raspberry

P Jelly Pots 10 Cal Strawberry

P Jelly Pots 10 Cal Strawberry & Kiwi

P Jelly Pots Blackcurrant

P Jelly Pots Lemon & Lime

P Jelly Pots Orange

P Jelly Pots Pineapple

P Jelly Pots Raspberry

P Jelly Pots Strawberry

P Juicy Jelly Pouches Lemon & Lime

P Juicy Jelly Pouches Orange
P Juicy Jelly Pouches Raspberry
P Juicy Jelly Pouches Strawberry
P No Added Sugar Jelly Pots Apple
P No Added Sugar Jelly Pots Blackcurrant
P No Added Sugar Jelly Pots Orange
P No Added Sugar Jelly Pots Raspberry
P No Added Sugar Jelly Pots Strawberry
P No Added Sugar Jelly Pots Tropical

OATLY

P Custard Vanilla

PROVAMEL

P Soya Caramel

P Soya Chocolate

P Soya Chocolate Coconut

P Soya Custard Vanilla

P Soya Vanilla

ENERGY & PROTEIN SNACKS

Some of the products in this section are gluten or wheat free. To request a list of all products in the guide which are gluten or wheat free, email info@kosher.org.uk.



ADUNA

For stockists see www.aduna.com.

K Bar Energy Banana Boost

K Bar Energy Berry Bite

K Bar Energy Choc Nut Bliss

K Bar Energy Choc Orange Burst

K Bar Energy Green Goodness

K Bar Energy Superfruit Blast

BOOSTBALL

NK Protein Balls

NK Protein Bites

BOUNCE

Contain kosher grape juice.

K Ball Almond

K Ball Apple & Cinnamon

K Ball Cacao Mint

K Ball Cacao Orange

K Ball Coconut Macadamia

K Ball Dark Chocolate

K Ball Dark Chocolate Raspberry

K Ball Peanut

K Ball Salted Caramel
K Ball V Life Almond Spirulina
K Breakfast Bar Madagascan Vanilla
K Breakfast Bar Peanut Butter
K Breakfast Bar Red Berry

CREATIVE NATURE

Available from Ocado and www.creativenaturesuperfoods.co.uk.

K Flapjack Apple Pie Protein

K Flapjack Cacao Orange

K Flapjack Raw Cacao

K Flapjack Raw Ginger Teatox

K Flapjack Raw Goji Goodness

K Flapjack Salted Caramel

K Snack Bar Raw Carrot Cake

FULFIL

NK Vitamin & Protein Bars

GRENADE

NK Carb Killa Bars

HUEL

Contain kosher grape juice. Available from www.huel.com.

K Bar Chocolate

K Bar Chocolate Orange

K Bar Coffee Caramel

K Bar Peanut Butter

K Bar Salted Caramel

LUCOZADE SPORT

NK Bar Strawberry & Oats

MARS

NK Protein Bars

MAXI NUTRITION

NK Promax Bars

NATURE VALLEY

D Protein Coconut & Almond

D Protein Peanut & Chocolate

D Protein Salted Caramel Nut

PHD

NK Smart Bars

ROO'BAR

For stockists see www.roobar.com.

K Protein Cherry & Macca

K Protein Chia & Spirulina

K Protein Choc Chip & Vanilla

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Email Enquiries
info@kosher.org.uk

ENERGY & PROTEIN SNACKS CONT'D....

ROO'BIOTIC

For stockists see www.roobar.com.

- Ball Ashwagandha Mango
- Ball Cacao Maca
- Ball Choc Chip Matcha
- Ball Coconut Guarana

SIS SCIENCE IN SPORT

- NK** Bars

THE PROTEIN BALL CO

For stockists see www.theproteinballoco.com.

- Ball Protein Cherry Bakewell
- Ball Protein Goji & Coconut
- Ball Protein Lemon & Pistachio
- Ball Protein Peanut Butter & Jam
- Ball Protein Raspberry Brownie
- Breakfast Balls Apple & Blueberry
- Breakfast Balls Hazelnut & Cacao
- Breakfast Balls Strawberry & Vanilla

TREK

Contain kosher grape juice. Energy bars only. Protein Flapjacks with similar names are not approved.

- Bar Banana Blast
- Bar Berry Burst
- Bar Cocoa Chaos
- Bar Peanut Power
- Chunks Cocoa Peanut Peak
- Chunks Cranberry Kick
- Chunks Toffee Triumph

ENERGY DRINKS

Protein water may be problematic as it often contains collagen from animal sources, which is not kosher. You are advised to check the ingredients declaration before purchase. For Vitamin Water, see SOFT DRINKS p.34.



BOOST

- P** Energy Cherry Burst
- P** Energy Citrus Zing
- P** Energy Exotic Fruits
- P** Energy Original
- P** Energy Red Berry
- P** Energy Sugar Free Original
- P** Energy Sugar Free Punch Power
- P** Sport Citrus
- P** Sport Mixed Berry
- P** Sport Orange
- P** Sport Tropical Berry

COCA COLA

- P** Energy
- P** Energy No Sugar

GATORADE

- P** Cool Blue

- P** Orange
- P** Tropical Burst

LUCOZADE ENERGY

- P** Blackcurrant Bliss
- P** Caribbean Crush
- P** Cherry
- P** Orange
- P** Orange Zero
- P** Original
- P** Original Zero
- P** Pineapple Punch
- P** Pink Lemonade
- P** Pink Lemonade Zero
- P** The Brazilian

MARKS & SPENCER

- NK** Protein Super Water

MONSTER ENERGY

- P** Absolutely Zero
- P** Energy
- D** Espresso Milk
- D** Espresso Vanilla
- P** Export
- P** Hydro Manic Melon
- P** Hydro Mean Green
- P** Hydro Tropical Thunder
- NK** Juiced Mango Loco
- P** LH 44
- NK** Punch Mixxd
- P** Punch Pipeline
- P** Ripper
- P** The Doctor
- P** Ultra
- P** Ultra Blue
- P** Ultra Citron
- NK** Ultra Red
- P** Ultra Sunrise
- P** Ultra Violet

MOUNTAIN DEW

- P** Citrus
- P** Citrus Sugar Free

POWERADE

- P** Berry & Tropical

RED BULL

- P** Energy Drink
- P** Organics Bitter Lemon
- P** Organics Ginger Ale
- P** Organics Simply Cola
- P** Organics Tonic Water
- P** Sugarfree
- P** The Edition Blue
- P** The Edition Tropical
- P** The Edition Tropical Sugarfree
- P** Zero Calories

RELENTLESS

- P** Apple & Kiwi
- P** Cherry
- P** Lemon Ice
- P** Mango
- P** Origin
- P** Passion Punch

ROCKSTAR

- NK** First Start Mixed Berries
- P** First Start Orange & Clementine
- P** Juiced
- P** Original
- P** Punched Fruit Punch
- P** Punched Guava
- P** Revolt Killer Citrus
- P** Revolt Killer Cooler
- P** Supersours Bubbleburst
- P** Supersours Raspberry
- P** Xduration Blueberry Pomegranate Acai

VIEVE

- NK** Protein Water

WOW PROTEIN

- NK** Protein Water

FRUIT JUICES

As a general rule, pure fruit and vegetable juices are permitted, except for grape juice, which must be produced under Rabbinical supervision. Some brands of Exotic Fruit Juice Blends (eg Pineapple & Coconut) may contain milk. You are advised to check the ingredients declaration for dairy or grape derived ingredients. Please note smoothies often contain grape juice and thus even varieties not containing grape juice are generally problematic due to shared use of equipment. See also SOFT DRINKS p.34.



FRUIT SNACKS

Plain dried fruit, with or without preservatives, is permitted. Oil or glycerine is sometimes added as a humectant, so it is important to check the ingredient declaration to make sure that only vegetable oil is used, as glycerine is not permitted. Special care should be taken with dried dates as they are often coated with glycerine. Glace cherries are permitted provided they do not contain E120. Please note that dried fruits which are commonly infested still require careful checking. See also CONFECTIONERY p.7 and SNACK BARS p.31. For Fruit Crisps see CRISPS & SNACKS p.18.



BEAR

- Bites Blackcurrant & Beetroot
- Bites Strawberry & Butternut Squash
- Paws Apple Blackcurrant

- Paws Apple Pumpkin
- Paws Mango Carrot
- Paws Raspberry Blueberry
- Paws Strawberry Apple
- Yoyos Apple
- Yoyos Blackcurrant
- Yoyos Mango
- Yoyos Pineapple
- Yoyos Raspberry
- Yoyos Strawberry
- Yoyos Strawberry & Mango
- Yoyos Super Sour Blackcurrant & Apple
- Yoyos Super Sour Mango & Apple
- Yoyos Super Sour Strawberry & Apple

FROOTZ

- Blackcurrant
- Raspberry
- Strawberry

FRUIT BOWL

- S** Flakes Blackcurrant
- S** Flakes Mango
- S** Flakes Raspberry
- S** Flakes Strawberry
- S** Flakes Unicorn
- S** Peelers Blackcurrant
- S** Peelers Raspberry
- S** Peelers Strawberry
- S** School Bars Apple
- S** School Bars Blackcurrant
- S** School Bars Raspberry
- S** School Bars Strawberry
- D** Yoghurt Flakes Blackcurrant
- D** Yoghurt Flakes Raspberry
- D** Yoghurt Flakes Strawberry
- D** Yoghurt Raisins

FRUIT HEROES

- P** Apple & Raspberry
- P** Strawberry

GO GO SQUEEZ

- S** Apple
- S** Apple Berries
- S** Apple Mango
- S** Apple Peach
- S** Apple Strawberry
- S** Apple Tropical

HUMZINGERS













- S** Fruit Sticks

KELLOGG'S

- S** Winders Doubles Apple & Strawberry
- S** Winders Doubles Strawberry & Blackcurrant
- S** Winders Strawberry

FRUIT SNACKS CONT'D....

NAKD

-  Nibbles Coconut Bliss
-  Nibbles Fruit Salad
-  Nibbles Salted Caramel
-  Nibbles Strawberries & Cream
-  Nibbles Toffee Treat
-  Posh Bits Cocoa Mandarin
-  Posh Bits Cocoa Raspberry
-  Posh Bits Cocoa Sea Salt
-  Raisins Cherry
-  Raisins Crazy Cola
-  Raisins Orange
-  Raisins Tangy Lime

OCEAN SPRAY

- P** Craisins Original

THE FRUIT FACTORY





- NK** Fruit Strings

URBAN FRUIT

-  Cherry
-  Coconut Chips
-  Mango
-  Mango & Passionfruit, Lime
-  Pineapple
-  Raspberry
-  Strawberry

WHITWORTHS SHOTS

Only listed products are certified. For other Whitworths Shots see NUTS & SEEDS p.30.

-  **D** Berry & White Chocolate
-  Date & Almond
-  **D** Raisin & Chocolate
-  Tropical Coconut

ZEINA

KLBD certified dried fruits. For a full list see www.isitkosher.uk.

HOT CHOCOLATE & MALTED DRINKS

CADBURY

-  Drinking Chocolate
- D** Highlights Bournville 
- D** Highlights Fudge 
- D** Highlights Milk Chocolate 
- P** Hot Chocolate 30% Less Sugar
- D** Hot Chocolate Instant 
- P** Hot Chocolate Original



DIVINE

- P** Drinking Chocolate

GALAXY

- P** Drinking Chocolate
- D** Hot Chocolate Instant

- D** Hot Chocolate Instant Light Style
- D** Hot Chocolate Ripple
- D** Hot Chocolate Ultimate Frothy
- D** Luxuriously Thick
- D** Mocha Latte

GREEN & BLACK'S ORGANIC

- P** Hot Chocolate

HORLICKS

- D** Chocolate
- D** Instant
- D** Original

MALTESERS

- D** Hot Chocolate Malty
- D** Hot Chocolate White Pieces
- D** Instant Malty Drink

MILKY WAY

- D** Hot Chocolate Magic Stars

NESQUIK

- P** Hot Chocolate 

NESTLE

- D** Aero Hot Choc

OPTIONS

- D** Belgian Choc
- D** Belgian Choc Butterscotch
- D** Belgian Choc Honeycomb
- D** Belgian Choc Mint
- D** Belgian Choc Orange
- D** Belgian Choc Praline
- D** Belgian Choc Salted Caramel
- D** Belgian Choc Strawberry
- D** Belgian Choc Sweet Popcorn
- D** Belgian Choc Latte
- D** Indulgence Chocolate Dreamy
- D** White Choc

OVALTINE

- D** Chocolate Add Milk
- D** Chocolate Light Add Water
- D** Original Add Milk
- D** Original Light Add Water

TWININGS

- P** Swiss Chocolate

ICE CREAM CONES & WAFERS

ALPINE

KLBD certified ice cream cones and wafers, available from kosher stores. Some varieties are available in supermarkets with a kosher section.

ASKEYS

- D** Brandy Snap Baskets
- D** Cafe Curls



- P** Cones
- P** Cones Cup
- P** Cones Waffle
- D** Pompadour Fans
- D** Wafers

SNOWCREST

-  Wafers

ICE CREAMS, LOLLIES & SORBET








ALPINE

KLBD certified ice creams and sorbets bearing the logo. Available from kosher stores and supermarkets with a kosher section. For a full list see www.isitkosher.uk.




BASKIN ROBBINS

Toppings, cones and flavours not listed are NOT KOSHER APPROVED. Individual Baskin Robbins STORES AND KIOSKS ARE NOT SUPERVISED by the KLBD. When purchasing from an open container, please ensure a CLEAN SCOOP is used.

-  **D** Banana 'n Strawberry
-  **D** Banana Caramel
-  **D** Blue Raspberry Sherbet
-  **D** Caramel Honeycomb Candy
-  **D** Chocolate
-  **D** Chocolate Chip
-  **D** Chocolate Chip Cookie Dough
-  **D** Coconut
-  **D** Cookies 'n Cream
-  **D** Cotton Candy
-  **D** Gold Medal Ribbon
-  **D** Jamoca
-  **D** Jamoca Almond Fudge
-  **D** Mango Tango
-  **D** Mint Choc Chip
-  **D** Mississippi Mud
-  **D** Nutty Coconut
-  **D** Old Fashioned Butter Pecan
-  **D** Orange Sherbet
-  **D** Pistachio Almond
-  **D** Pralines 'n Cream
-  **D** Rainbow Sherbet
-  **D** Red Raspberry Sherbet
- NK** Rum Raisin
-  **D** Sorbet Lemon
-  **D** Sorbet Mango
- NK** Strawberry Cheesecake
-  **D** Vanilla
-  **D** Vanilla Chocolate Chip
-  **D** Very Berry Strawberry
-  **D** World Class Chocolate

BEN & JERRY'S

- SD** Berry Neighbourly
- SD** Birthday Cake
- SD** Bob Marley's One Love









- SD** Caramel Chew Chew
- SD** Chocolate Fudge Brownie
- SD** Cookie Dough
-  **D** Cookie Dough Chunks Chocolate Chip

Some batches have been mislabelled KLBD, but they are KLBD Dairy.

- SD** Core Blondie Brownie
- SD** Core Karamel Sutra
- SD** Half Baked
- SD** Home Sweet Honeycomb
- SD** Mix Chunky
- SD** Mix Classic
- SD** Moophoria Caramel Cookie Fix
- SD** Moophoria Chocolate Cherry Garcia
- SD** Moophoria Chocolate Cookie Dough
- SD** Moophoria Salted Caramel Brownie
- SD** Non Dairy Chocolate Fudge
- SD** Non Dairy Chunky Monkey
- SD** Non Dairy Coconutterly Caraml'd
- SD** Non Dairy Peanut Butter & Cookies
- SD** Peanut Butter Cup
- SD** Phish Food
- SD** S'wich Up Cookie Dough
- SD** Sofa So Good
- SD** Strawberry Cheesecake
- SD** Topped Chocolate Caramel Cookie Dough
- SD** Topped Pretzel Palooza
- SD** Topped Salted Caramel Brownie
- SD** Topped Strawberry Swirled
- SD** Wich Chocolate Fudge Brownie
- SD** Wich Cookie Dough

BOOJA BOOJA

For stockists see www.boojabooja.com.

-  Caramel Pecan Praline
-  Chocolate Salted Caramel
-  Hazelnut Chocolate Truffle
-  Heavens on Earth
-  Honeycomb Caramel
-  Hunky Punky Chocolate
-  Keep Smiling Vanilla M'Gorilla
-  Raspberry Ripple

CADBURY

- D** Creme Egg Stick
- D** Creme Egg Tub
- D** Crunchie Blast Stick
- D** Dairy Milk & Caramel Minis Stick
- D** Dairy Milk Buttons Cone
- D** Dairy Milk Caramel Stick
- D** Dairy Milk Stick
- D** Flake 99 Cone
- D** Flake Tub



REFRESHING NEWS

ICE CREAMS, LOLLIES & SORBET CONT'D....

CARTE D'OR

- D** Caramel Tub
- NK** Gelateria Crema di Mascarpone Tub
- D** Gelateria Triple Chocolate Parfait Tub
- D** Mint Chocolate Tub
- D** Rum & Raisin Tub
- D** Salted Caramel Tub
- D** Strawberry Tub
- D** Vanilla Light Tub
- D** Vanilla Tub

DE ROMA

- D** Vanilla Tub

DEL MONTE

- NK** 100% Juice Orange Lolly
- P** Smoothie Mango Lolly
- P** Smoothie Raspberry Lolly
- P** Smoothie Sicilian Lemon Lolly

GREEN & BLACK'S ORGANIC

- D** Chocolate Tub
- D** Vanilla Caramel Nut Tub
- D** Vanilla Tub

HAAGEN DAZS

- SD** Baileys
- SD** Belgian Chocolate
- SD** Blueberries & Cream
- SD** Coconut Chocolate
- SD** Coffee
- SD** Collection Mini Cups
- SD** Cookie Dough Chip
- SD** Cookies & Cream
- SD** Dulce de Leche
- SD** Honey Walnut & Cream
- SD** Macadamia Nut Brittle
- SD** Mango & Raspberry
- SD** Mint Leaves & Chocolate
- SD** Peanut Butter Crunch
- SD** Pralines & Cream
- SD** Rum & Raisin
- SD** Salted Caramel
- SD** Salted Caramel Cheesecake
- SD** Salted Caramel Chocolate
- SD** Sorbet Collection Mini Cups
- SD** Strawberries & Cream
- SD** Strawberry Cheesecake
- SD** Summer Berries & Cream
- SD** Vanilla
- SD** Vanilla Caramel Brownie

HALO TOP

Tubs only. Sticks are not approved.

- SD** Birthday Cake Tub
- SD** Candy Bar Tub
- SD** Chocolate Chip Cookie Dough Tub

- SD** Chocolate Tub
- SD** Cinnamon Roll Tub
- SD** Cookies & Cream Tub
- SD** Dairy Free Chocolate Tub
- SD** Dairy Free Peanut Butter Cup Tub
- SD** Dairy Free Sea Salt Caramel Tub
- SD** Dairy Free Toasted Coconut Tub
- SD** Mint Chip Tub
- SD** Oatmeal Cookie Tub
- SD** Peanut Butter Cup Tub
- SD** Red Velvet Tub
- SD** Sea Salt Caramel Tub
- SD** Vanilla Bean Tub

J2O

- P** Fruit Fusion Apple & Mango Lollies
- P** Fruit Fusion Orange & Passion Fruit Lollies

KELLY'S

- D** Clotted Cream Cornish Tub
- D** Clotted Cream Vanilla Mini Tub
- D** Dairy Vanilla Tub
- D** Strawberries & Cream Mini Tub

LYONS MAID

- D** Fruit Splits Strawberry Stick
- D** Vanilla Block
- D** Vanilla Tub

MARS

- KTM D** Bounty Bar
- KTM D** Bounty Mini Bar
- KTM D** Galaxy Heart Bar
- KTM D** Galaxy Heart Caramel Bar
- KTM D** Galaxy Heart Vanilla Bar
- KTM D** Galaxy Vanilla Bar
- KTM D** Mars Bar
- KTM D** Mars Caramelised Almond Bar
- KTM D** Mars Darker Bar
- KTM D** Mars Mini Bar
- KTM D** Mars Salted Caramel Bar
- KTM D** Milky Way Mini Bar
- KTM D** Snickers Almond Bar
- KTM D** Snickers Bar
- KTM D** Snickers Caramel Bar
- KTM D** Snickers Crisp Bar
- KTM D** Snickers Hazelnut Bar
- KTM D** Snickers Mini Bar
- KTM D** Snickers Stick
- KTM D** Twix Bar
- KTM D** Twix Cappuccino Bar

MR FREEZE

- P** Freezeps Cola
- P** Freezeps Multipack
- P** Freezeps Orange
- P** Freezeps Raspberry
- P** Freezeps Strawberry

**SALES
TEAM**

SHAUL RESNICK
SHAUL@JEWISHTRIBUNE.COM
020 3021 2295/020 3240 0116

LIPA BERGER
LB@JEWISHTRIBUNE.COM
020 3240 0124

STEVE WINER
STEVE.WINER@JEWISHTRIBUNE.COM
020 3240 0126

- NK** Jubbly Cherry Ice Lollies
P Jubbly Cola Ice Lollies 🍷
NK Jubbly Lemonade Ice Lollies
P Jubbly Orange Ice Lollies 🍷
P Jubbly Strawberry Ice Lollies 🍷

NESTLE

- D** Fab Strawberry & Tropical Minis Lolly
D Fab Strawberry Lolly
D Nobbly Bobby Stick
D Nobbly Bobby Strawberry & Chocolate Minis Stick
D Nobbly Bobby Vanilla & Chocolate Minis Stick
D Skinny Cow Mint Double Choc Stick
D Smarties Pop Up
D Toffee Crumble Stick
70ml only.

PERFECT WORLD

- S** Caramel Pecan
S Double Choc Chip
S Mint Choc Chip
S Pistachio
S Sweet Espresso

PIP ORGANIC

- NK** Fruity Lollies

R WHITES

- P** Lemonade Lolly

ROBINSONS FRUIT & BARLEY

- P** Summer Fruits Lollies

ROBINSONS FRUIT SHOOT

- P** Orange/Apple & Blackcurrant Mini Lollies
NK Squeezee Pops

ROWNTREES

- P** Fruit Blaster Lolly
P Fruit Pastilles Lolly
P Fruit Pastilles Push Up Blackcurrant Lolly
P Fruit Pastilles Push Up Orange Lolly
P Fruit Pastilles Push Up Tropical Lolly
NK Fruit Screamers Lolly
P Push Up Multipack
D Randoms Minis Lolly

SAINSBURY'S FREE FROM

- KTM** Iced Dessert Choc
KTM Iced Dessert Strawberry
KTM Iced Dessert Vanilla

SAINSBURY'S TASTE THE DIFFERENCE

- KTM** **D** Belgian Chocolate
KTM **D** Blackcurrant & Vanilla
KTM **D** Madagascan Vanilla
KTM **D** Salted Caramel & Honeycomb

SLUSH PUPPIE

Available from kosher stores, B&M Bargains and other convenience stores. Drinks from Slush Puppie Machines are not approved.

- KTM** Freeze, Squeeze, Drink Blue Raspberry
KTM Freeze, Squeeze, Drink Sour Cherry
KTM Freeze, Squeeze, Drink Strawberry

SMOOZE

Available from Sainsbury's, Holland & Barrett and Ocado.

- S** Coconut 🍷
S Coconut & Mango 🍷
S Coconut & Pineapple 🍷
S Coconut & Pink Guava 🍷

SNOWCREST

KLBD ice creams available from kosher stores. For a full list see www.isitkosher.uk.

SWEDISH GLACE

- KTM** Almond Cocoa Twist Tub
KTM Delightful Raspberry Tub
KTM Heavenly Chocolate Tub
KTM Smooth Vanilla Tub

SWIZZELS

- P** Love Heart Fruit Lollies

TANGO

- P** Liquid Ice Blue Raspberry Lollies
P Liquid Ice Cherry Lollies
P Liquid Ice Orange Lollies

THE COCONUT COLLABORATIVE

- NK** Snowconut All Flavours

THE GRUFFALO

- D** Ice Tusks

TREATS

- D** Festival Mint Stick
D Festival Original Stick
D Zzapp Stick

VIMTO

- NK** Mixed Fruit Lolly

WALL'S

Where pack sizes are specified, other packs are not approved as they are made at different sites.

- P** Calippo Cola
D Calippo Combo Strawberry & Vanilla
P Calippo Mini Max Orange/Lemon Lime

NO MATTER WHERE YOU ARE...



CHECK WWW.ISITKOSHER.UK

Information applies to products purchased in the UK



- P** Calippo Orange
D Cornetto Classico
Only multipacks of 6.

- D** Cornetto Mint
D Cornetto Strawberry
D Cream of Cornish Vanilla Tub
D Feast Chocolate Stick

Where applicable, both single and multipacks are approved.

- D** Magnum Almond Stick
D Magnum Classic Stick
D Magnum Mini Almond Stick
D Magnum Mini Classic Stick
D Magnum Mini Classic/Almond/White
D Magnum Mini White Stick
D Magnum Mini White/Almond White
D Magnum Mint Stick
D Magnum White Chocolate
 Honeycomb & Almond Stick
D Magnum White Stick

- D** Mini Milk Chocolate Stick
D Mini Milk Strawberry Stick
D Mini Milk Vanilla Stick
D Soft Scoop Mint Choc Chip Tub
D Soft Scoop Neapolitan Tub
D Soft Scoop Raspberry Ripple Tub
NK Soft Scoop Vanilla Light Tub

- D** Soft Scoop Vanilla Tub
D Solero Exotic Stick
NK Solero Peach Organic Stick
D Solero Red Berries Stick
D Twister Pineapple, Strawberry, Lemon & Lime Stick
D Viennetta Chocolate
D Viennetta Mint
NK Viennetta Strawberry
D Viennetta Vanilla

MILK SHAKES & MIXES

ALPRO

- P** Almond Dark Chocolate
P Soya Chocolate
P Soya Chocolate Plant Protein
P Soya Strawberry
P Soya Vanilla

COSTA

- P** Americano
D Latte
D Latte Caramel

CRUSHA

- P** Banana
P Chocolate



MILK SHAKES & MIXES CONT'D....

- P** No Added Sugar Raspberry
- P** No Added Sugar Strawberry
- P** Raspberry
- P** Strawberry

FIJJI

- D** Banana
- D** Chocolate
- D** Fudge Brownie
- D** Strawberry

HONEST

- D** Coffee Cappuccino
- D** Coffee Latte
- D** Coffee Mocha

MARS

- D** Bounty
- D** Galaxy
- D** M & M's
- D** Maltesers
- D** Mars Milk
- D** Mars Milk Caramel
- D** Milky Way
- D** Snickers Shake

NESCAFE AZERA

- P** Nitro Americano
- D** Nitro Latte

NESQUIK

- P** Banana
- P** Chocolate
- P** Strawberry

PROVAMEL

- P** Soya Banana
- P** Soya Chocolate
- P** Soya Strawberry
- P** Soya Vanilla

NUTS & SEEDS

All plain, blanched and roasted whole, chopped and ground nuts or seeds are permitted, provided there are no added ingredients other than vegetable oil and salt. For chocolate coated nuts, see CONFECTIONERY p.7.



BIG D

- D** Almonds Smoked
- P** Cashews Salted
- P** Peanuts Chilli
- P** Peanuts Crunchy BBQ
- P** Peanuts Crunchy Chilli
- P** Peanuts Dry Roasted
- P** Peanuts Honey Roasted
- P** Peanuts Salted

BORNA

KLBD certified pistachios. For a full list see www.isitkosher.uk.

COFRESH

- K** Cashew & Almond Salted Roasted
- K** Cashews Balti
- K** Cashews Roasted Salted
- K** Peanuts Balti

Certified with or without KLBD logo.

- K** Peanuts Caramel Sesame Coated

GO NUTZ

Raw and dry roasted nuts, and flavoured peanuts bearing the KLBD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

KP

- P** Cashews Honey Roast
- P** Cashews Salted
- P** Peanuts Dry Roasted
- P** Peanuts Honey Roast
- P** Peanuts Original Salted
- P** Peanuts Salt & Vinegar
- P** Peanuts Spicy Chilli

NIBBLES

Nuts, flavoured nuts and dry roasted peanuts bearing the KLBD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

QUIBBLES

For stockists see www.quibblesnibbles.com.

- K** A Nut To Remember
- K** Cashews Sour Cream & Onion
- K** Chilli Chilli Bang Bang
- K** Honey Bee Mine
- K** Peanuts Chilli Honey
- K** Peanuts Jalapeno Chilli Kaffir Lime
- K** Peanuts Mixed Peppercorns
- K** Three Nuts & A Cranberry

SHALIMAR

Certified with or without KLBD logo. Available from ASDA.

- K** Nut Selection Roasted

THE DORMEN

Available from Ocado and www.thedormenfoodcompany.com.

- K** Cashews Salted
- K** Peanuts Salted

WHITWORTHS SHOTS

Only listed products are certified. For other Whitworths Shots see FRUIT SNACKS p.24.

- K D** Chocolate & Hazelnut
- K** Nuts Chilli
- K** Nuts Salsa
- K** Nuts Salted Caramel
- K** Nuts Smoke

WORLD OF NUTS

Seeds and whole, ground, dry roasted and caramelised nuts bearing the KLBD logo. Available from kosher stores. For a full list see www.isitkosher.uk.

ZEINA

KLBD certified nuts and seeds. For a full list see www.isitkosher.uk.

PEANUT BUTTER & MARMITE



BORNA

KLBD certified pistachio butters. For a full list see www.isitkosher.uk.

DUERR'S

- P** Peanut Crunchy
- P** Peanut Smooth

KERNEL KING

- P** Economy
- P** No Added Salt & Sugar
- P** Peanut Crunchy
- P** Peanut Smooth

MARMITE

Only the 70g size, bearing the KLBD logo, is kosher. Available from kosher stores, selected branches of 99p stores, Poundland, Poundworld and Ocado. Other sizes are Not Kosher.

MERIDIAN

- P** Coconut & Peanut
- P** Peanut Crunchy
- P** Peanut Crunchy Salt
- P** Peanut Smooth
- P** Peanut Smooth Salt

MERIDIAN ORGANIC

- P** Peanut Crunchy
- P** Peanut Crunchy Salt
- P** Peanut Smooth
- P** Peanut Smooth Salt

NUTURAL WORLD

Nut butters with or without the KLBD logo. For a full list see www.isitkosher.uk.

SAINSBURY'S

- P** Peanut Crunchy
- P** Peanut Smooth

SKIPPY

Available with an OU hechsher from kosher stores and Costco. Jars without a hechsher are not approved.

SUN PAT

Covers both Smooth and Crunchy varieties. 15g portions not included.

- P** Peanut
- P** Peanut No Added Sugar

- P** Peanut Protein+

WHOLE EARTH

- P** Peanut Crunchy
- P** Peanut Crunchy Dark Roasted
- P** Peanut Crunchy Hi Oleic
- P** Peanut Crunchy Organic
- P** Peanut Smooth
- P** Peanut Smooth Hi Oleic
- P** Peanut Smooth Organic
- P** Peanuts 100% Crunchy
- P** Peanuts 100% Smooth

WOWBUTTER

- S** Peanut Free

ZEAL

Smooth and Crunchy. Available from kosher shops.

- K** Peanut

ZEINA

KLBD certified nut butters. For a full list see www.isitkosher.uk.

POPCORN

POPZ

- K** Butter
- K** Paprika
- K** Ready Salted 50% Less Fat
- K** Salted
- K** Sweet
- K** Sweet & Salty
- K** Wasabi



PROPERCORN

- K D** Chocolate
- K** Kids Pinch of Salt
- K** Kids Simply Sweet
- K** Lightly Sea Salted
- K** Peanut Butter & Almond
- K** Perfectly Sweet
- K** Sweet & Salty

TEN ACRE

For stockists visit www.tenacrecrisps.co.uk.

- K** Cappuccino
- K** Sweet & Salty

SNACK BARS

Products containing whole or chopped dates are not approved unless kosher certified as dates are often infested and are difficult to check. See also ENERGY & PROTEIN SNACKS p.21 and FRUIT SNACKS p.23. Some of the products in this section are gluten or wheat free. To request a list of all products that are gluten or wheat free, email info@kosher.org.uk.



ALPEN

- NK** Bars

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SNACK BARS CONT'D....

CADBURY

- D** Brunch Bar Choc Chip
- D** Brunch Bar Peanut
- D** Brunch Bar Raisin

DOVES FARM FREEE

- K** Oat Bars Apple Sultana
- K** Oat Bars Apricot Chia
- K** Oat Bars Banana Hemp Seed
- K** Oat Bars Chocolate Chip

EAT REAL

- K D** Cashew, Sultana & Pumpkin Seed
- K** Sesame, Hazelnut & Honey

GET FRUITY

- NK** Bars

GO AHEAD

- NK** Crispy Slices
- NK** Fruit Bakes
- NK** Yogurt Breaks

GOODNESSKNOWS

- K D** Apple, Peanut & Almond
- K D** Blueberry & Almond
- K D** Cranberry & Almond
- K D** Raisin, Oat & Almond

JORDANS

- P** Fusli Apple & Cinnamon
- NK** Fusli Blueberries
- P** Fusli Cranberries & Apple
- P** Fusli Raisins & Hazelnuts
- P** Fusli Red Berries

You are advised to check the ingredients declaration, as old stock containing grape juice concentrate is Not Kosher.

KELLOGG'S

- NK** Cereal Bars
- NK** Pop Tarts
- NK** Rice Krispies Squares

Only the following Special K Cereal Bars are kosher:

- SD** Special K Apricot & Sultanas
- SD** Special K Chocolate Milk
- SD** Special K Dark Chocolate & Cranberry
- SD** Special K Peach & Apricot
- SD** Special K Red Berry
- SD** Special K Red Berry Juicy

KIND

Bars bearing the OU logo are Parev and those bearing OU D are Dairy. Available from selected supermarkets and independent retailers.

LARABAR

- P** Banana Choc Chip
- P** Peanut Butter Choc Chip

MERIDIAN

- NK** Bars

NAKD

- K** Apple Danish
- K** Bakewell Tart
- K** Banana Bread
- K** Banoffee Pie
- K** Berry Bliss
- K** Berry Delight
- K** Blueberry Muffin
- K** Carrot Cake
- K** Cashew Cookie
- K** Cocoa Coconut
- K** Cocoa Delight
- K** Cocoa Orange
- K** Cocoa Twist
- K** Coffee & Walnut
- K** Crunch Apple
- K** Crunch Apricot
- K** Crunch Banana
- K** Crunch Cocoa
- K** Crunch Strawberry
- K** Ginger Bread
- K** Lemon Drizzle
- K** Peanut Delight
- K** Pecan Pie
- K** Salted Caramel
- K** Strawberry Sundae

NATURE VALLEY

- P** Crunchy Canadian Maple Syrup
- P** Crunchy Coconut
- P** Crunchy Ginger Nut
- P** Crunchy Oats & Berries
- P** Crunchy Oats & Dark Chocolate
- P** Crunchy Oats & Hazelnut
- P** Crunchy Oats & Honey
- P** Crunchy Peanut Butter
- P** Crunchy Roasted Almond
- P** Crunchy Variety Pack
- D** Popcorn Peanut & Sunflower Seed
- D** Popcorn Salted Caramel, Almond & Pretzel
- D** Sweet & Salty Nut Dark Chocolate & Nuts
- D** Sweet & Salty Nut Roasted Peanut

NATURE'S PATH

- SD** Granola Bars Dark Choc Chip
- SD** Granola Bars Trail Mix

QUAKER

- NK** Oat So Simple Morning
- NK** Porridge to Go



SNACK BARS CONT'D...

ROO'BAR


For stockists see www.roobar.com.

-  Baobab Ginger
-  Cacao
-  Cacao Nibs
-  Cherry Party
-  Chia Coconut
-  Goji Berry
-  Hemp Chia
-  Inca Berry Orange
-  Liquorice Chilli
-  Maca Cranberry
-  Mango Magic
-  Mulberry Vanilla
-  Rosehip
-  Strawberries 4Ever

RUDE HEALTH

-  Sweet Potato & Cacao
-  The Beetroot
-  The Coconut
-  The Peanut
-  The Pumpkin

TRACKER

-  **D** Chocolate & Peanut
-  **D** Peanut & Caramel

SOFT DRINKS

All soft drinks are permitted, unless they contain grape juice or non-permitted E-numbers (see p.5). Drinks containing unspecified Fruit Extract, Fruit Sugar or Natural Sweeteners should be avoided unless approved, as these could be derived from grape. Please note smoothies often contain grape juice and thus even varieties not containing grape juice are problematic due to shared use of equipment. Some brands of Exotic Fruit Juice Blends (eg Pineapple & Coconut) may contain milk. You are advised to check the ingredients declaration on the carton for dairy or grape derived ingredients. See also **ENERGY DRINKS** p.22. For Freeze & Squeeze drinks see **SLUSH PUPPIE** p.28.



Please note that, due to the tax on sugary drinks many manufacturers have replaced sugar with grape juice. Consumers are therefore advised to check the ingredients of ALL soft drinks before purchasing.

7UP

- P** Free
- P** Free Mojito
- P** Regular

ADEZ

- NK** Amazing Almond
- NK** Courageous Coconut

APPLETISER

- P** Apple & Pomegranate
- P** Appletiser
- NK** Grapetiser
- P** Spritzer Apple & Blood Orange
- P** Spritzer Apple & Lime
- P** Spritzer Apple & Passion Fruit

AQUA LIBRA

- P** Grapefruit & Pineapple
- P** Raspberry & Apple
- P** Tangerine

BARR

- P** Appleade
- P** Bubblegum
- P** Cherryade
- P** Cola
- P** Cola Diet
- P** Cola Xtra
- P** Cream Soda
- P** D'N'B Dandelion 'N' Burdock
- P** Ginger Beer
- P** Lemonade
- P** Lemonade Diet
- P** Limeade
- P** Orangeade
- P** Pineapple
- P** Raspberryade
- P** Red Kola
- P** Shandy
- P** Soda Water
- P** Tizer

BIG TOM

- P** Spiced Tomato Juice

BIOITALIA

Available from kosher shops.

-  Smoothie Apple
-  Smoothie Apple & Blackcurrant
-  Smoothie Apple, Kiwi & Spinach
-  Smoothie Apple, Strawberry & Banana
-  Smoothie Apricot, Carrot & Pumpkin
-  Smoothie Pear & Banana
-  Smoothie Plum

BLOSSOM COTTAGE




- NK** Cordial Elderflower

BRITVIC

- P** 55 Apple
- P** 55 Orange
- P** Bitter Lemon
- P** Cordial Blackcurrant
- P** Cordial Cranberry
- P** Cordial Lime
- P** Cordial Orange
- P** Ginger Ale
- P** Ginger Beer

- P** Indian Tonic Water
- P** Indian Tonic Water Low Calorie
- P** Juice Drink Cranberry
- P** Juice Grapefruit
- P** Juice Orange
- P** Juice Pineapple
- P** Lemonade Diet
- P** Soda Water
- P** Tomato Juice Cocktail

CALYPSO

- NK** Aqua Juice Still
- P** Clear Orange & Mango 
- P** Clear Strawberry 
- P** Pure Juice Apple
- P** Pure Juice Orange 
- P** Pure Juice Shots Apple 
- P** Pure Juice Shots Orange 

CAPRI SUN

- P** Blackcurrant
- P** Cherry
- NK** Fruit Crush No Added Sugar Tropical
- P** Fruity Water Lemon Lime
- P** Fruity Water Peach Apricot
- P** Mango
- P** No Added Sugar Blackcurrant
- P** No Added Sugar Orange
- P** No Added Sugar Summer Berries
- P** No Added Sugar Tropical
- P** Orange
- P** Summer Berries
- P** Tropical

COCA COLA

- P** Classic
- P** Classic Cherry
- P** Diet
- P** Diet Caffeine Free
- P** Diet Exotic Mango
- P** Diet Fiesty Cherry
- P** Diet Sublime Lime
- P** Diet Twisted Strawberry
- P** Zero
- P** Zero Cherry
- P** Zero Cinnamon
- P** Zero Peach
- P** Zero Raspberry
- P** Zero Vanilla

COPELLA

- P** Apple & Blackberry

- P** Apple & Elderflower
- P** Apple & Mango
- P** Apple & Pear
- P** Apple Cloudy
- P** Apple Cooler

DEL MONTE

- P** Apple
- P** Apple, Pink Guava & Lime
- NK** Fruit Burst Five Fruit
- P** Fruit Burst Orange
- P** Fruit Burst Tropical
- P** Just Juice Apple
- P** Just Juice Cranberry
- P** Just Juice Grapefruit
- P** Just Juice Orange
- P** Just Juice Pineapple
- P** Just Juice Tomato
- P** Mango & Papaya
- P** Orange
- P** Orange & Mandarin Juice
- P** Pineapple
- P** Tomato
- P** Tropical

DR PEPPER

- P** Regular
- P** Zero

DRENCH

- P** Peach & Mango
- P** Pear & Blueberry
- NK** Sparkling Grape & Elderflower
- P** Sparkling Raspberry & Cranberry
- P** Strawberry & Lime

EAGER

- P** Cranberry Juice Drink

EDEN

- P** Beetroot

FANTA

- P** Blood Orange Zero
- P** Fruit Twist
- P** Fruit Twist Zero
- NK** Grape Zero
- P** Lemon
- P** Lemon Zero
- P** Orange
- P** Orange Zero
- P** Pink Grapefruit Zero
- P** Raspberry Zero

FOR ALL THINGS KOSHER
WWW.KOSHER.ORG.UK



SOFT DRINKS CONT'D....

FEVER TREE

- P** Ginger Ale Premium
- P** Ginger Ale Refreshingly Light
- P** Ginger Ale Smoky
- P** Ginger Ale Spiced Orange
- P** Ginger Ale Spiced Orange Refreshingly Light
- P** Ginger Beer Premium
- P** Ginger Beer Refreshingly Light
- P** Lemonade Premium
- P** Lemonade Premium Refreshingly Light
- P** Lemonade Sicilian Premium
- P** Lemonade Sicilian Refreshingly Light
- P** Madagascan Cola
- P** Madagascan Cola Refreshingly Light
- P** Soda Water Premium
- P** Tonic Lemon Sicilian
- P** Tonic Water Aromatic
- P** Tonic Water Aromatic Refreshingly Light
- P** Tonic Water Citrus
- P** Tonic Water Cucumber Refreshingly Light
- P** Tonic Water Elderflower
- P** Tonic Water Elderflower Refreshingly Light
- P** Tonic Water Lemon Refreshingly Light
- P** Tonic Water Mediterranean
- P** Tonic Water Mediterranean Refreshingly Light
- P** Tonic Water Premium Indian
- P** Tonic Water Refreshingly Light

FIREFLY

- NK** Drinks

FUZETEA





- P** Mango Chamomile
- P** Peach Hibiscus

GLACEAU VITAMIN WATER

- P** Defence
- P** Multi V Zero
- P** Power C
- P** Sunshine Zero
- P** XXX Triple Berry
- P** Zest

HAMPSTEAD TEA

Certified with or without KLBD logo. For stockists see www.hampsteadtea.com.

-  Elegant Elderflower
-  Luscious Lemon
-  Oolong Peach
-  Rock n Roll Raspberry

HONEST

- NK** Kids Appley Ever After
- NK** Kids Berry Berry Good
- NK** Kids Twisted Tropical Punch
- P** Lemonade Classic
- P** Lemonade Pink

IDRIS

- P** Ginger Beer

INNOCENT

- NK** Bubbles
- P** Coconut Water
- NK** Fruit Juices
- NK** Smoothies

IRN BRU

- P** Original
- P** Sugar Free
- P** Xtra

J2O

- P** Apple & Mango
- P** Apple & Raspberry
- NK** Glitterberry
- P** Orange & Passionfruit
- P** Spritz Apple & Watermelon
- NK** Spritz Peach & Apricot
- P** Spritz Pear & Raspberry
- NK** Tropical Tease

JAMES WHITE

- P** Beet It Beetroot
- P** Beet It Beetroot Ginger
- P** Beet It Beetroot Passion
- P** Beet It Beetroot Shot

Includes Beet It Sport Shots.

- P** Carrot British
- P** Organic Apple
- P** Organic Apple & Cherry
- P** Organic Apple & Ginger
- P** Organic Carrot
- P** Organic Carrot & Apple
- P** Organic Pear
- P** Organic Pear & Raspberry
- P** Organic Tomato
- P** Organic Vegetable

JUICE BURST

- P** Apple
- P** Apple & Blackcurrant
- P** Apple Fairtrade
- P** Apple Quencher
- NK** Berry Burst
- P** Blackcurrant
- NK** Blood Orange
- NK** Cranberry
- NK** Lemonade Raspberry
- NK** Lemonade Stil



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SOFT DRINKS CONT'D....

- P** Orange
- NK** Orange & Carrot
- NK** Orange & Passionfruit
- P** Orange Fairtrade
- P** Orange Quencher
- NK** Pomegranate & Blueberry
- P** Sour Cherry
- P** Strawberry & Apple
- P** Tropical

JUICY WATER

- NK** All Products

KA

- P** Abbott's Ginger Beer
- P** Sparkling Black Grape
- P** Sparkling Fruit Punch
- P** Sparkling Karibbean Kola
- P** Sparkling Pineapple
- P** Sparkling Strawberry
- NK** Still Black Grape
- P** Still Fruit Punch
- P** Still Pineapple
- P** Still Strawberry

KIA ORA

- P** No Added Sugar Mixed Fruit
- P** No Added Sugar Orange

LILT

- P** Pineapple & Grapefruit
- P** Pineapple & Grapefruit Zero

LIPTON

- P** Green Ice Tea Lime & Mint
- P** Green Ice Tea Original
- P** Ice Tea Lemon
- P** Ice Tea Mango
- P** Ice Tea Peach
- P** Ice Tea Raspberry

LUCOZADE SPORT

- P** Brazilian Guava
- P** Caribbean Burst
- P** Fitwater
- P** Low Cal Lemon & Lime
- P** Low Cal Orange
- P** Mango & Passion Fruit
- P** Orange
- P** Raspberry

MAAZA

- NK** Guava

MINUTE MAID

- P** Apple
- P** Orange

OASIS

- P** Aquashock Chilled Cherry
- P** Aquashock Spiced Raspberry
- P** Blackcurrant Apple
- P** Citrus Punch
- P** Citrus Punch Zero
- P** Mango Medley
- P** Sour Cherry Apple
- NK** Sour Grape
- P** Sour Kiwi Apple
- P** Summer Fruits Zero

OCEAN SPRAY

- P** Blueberry
- NK** Cranberry Blackcurrant
- NK** Cranberry Blueberry
- P** Cranberry Classic
- P** Cranberry Classic Chilled
- P** Cranberry Classic Chilled Light
- P** Cranberry Classic Light
- P** Cranberry Mango
- NK** Cranberry Pomegranate
- NK** Cranberry Raspberry
- NK** Wholeberry

ORANGINA

- P** Light
- P** Orange

PEPSI

- P** Cola
- P** Diet
- P** Max
- P** Max Cherry
- P** Max Ginger

PLJ

- P** Lime Juice
- P** Original Sharp

POMEGRAT

- P** 100% Juice
- NK** Juice Drink

PURDEY'S

- NK** Purdey's Edge
- NK** Rejuvenate

R WHITES

- P** Lemonade
- P** Lemonade Pear & Elderflower
- P** Lemonade Premium
- P** Lemonade Premium Diet
- P** Lemonade Premium Raspberry
- P** Lemonade Premium Traditional Cloudy

RIBENA

- P** Drink Blackcurrant
- P** Drink Blackcurrant Light

- P** Drink Mango & Lime
- P** Drink Pineapple & Passion Fruit
- P** Drink Strawberry
- P** Drink Very Berry
- P** Minis Apple & Mango
- P** Minis Blackcurrant No Added Sugar
- P** Squash Blackcurrant
- P** Squash Blackcurrant No Added Sugar
- P** Squash Strawberry No Added Sugar

ROBINSONS BARLEY WATER

- P** Lemon
- P** Orange

ROBINSONS CORDIAL

- P** Lime & Mint
- P** Pear & Elderflower
- P** Raspberry, Rhubarb & Orange Blossom

ROBINSONS DOUBLE STRENGTH

- P** No Added Sugar Apple
- P** No Added Sugar Apple & Blackcurrant
- P** No Added Sugar Lemon
- P** No Added Sugar Orange
- P** No Added Sugar Orange & Mango
- P** No Added Sugar Orange & Pineapple
- P** No Added Sugar Summer Fruits

ROBINSONS FRUIT & BARLEY

- P** Apple & Pear
- P** Orange
- P** Peach
- P** Pink Grapefruit
- P** Summer Fruits
- P** Tropical

ROBINSONS FRUIT CREATIONS

- P** Orange & Mango
- P** Orange, Mandarin & Lime
- P** Peach & Raspberry
- P** Pear & Blueberry
- P** Pineapple, Mango & Passion Fruit

ROBINSONS FRUIT CREATIONS & BARLEY

- P** Apple & Elderflower
- P** Pear, Blackcurrant & Cherry
- P** Raspberry & Cranberry
- P** Strawberry & Kiwi

ROBINSONS FRUIT SHOOT

- P** Hydro Apple & Raspberry



SOFT DRINKS CONT'D....

- P** Hydro Blackcurrant
P Hydro Orange & Pineapple
P Hydro Sparkling Orange & Peach
P Hydro Sparkling Strawberry & Raspberry
NK Juiced Apple & Pear
NK Juiced Orange & Pineapple
NK Juiced Strawberry & Raspberry
NK My 5 Apple & Blackcurrant
NK My 5 Apple & Pear
NK My 5 Orange & Pineapple
P No Added Sugar Apple
P No Added Sugar Apple & Blackcurrant
P No Added Sugar Orange
P No Added Sugar Peach & Mango
P No Added Sugar Summer Fruits
P No Added Sugar Tropical

ROBINSONS NO ADDED SUGAR

- P** Apple
P Apple & Blackcurrant
P Lemon
P Lemon & Mango
P Lemon & Pink Grapefruit
P Orange
P Orange & Mango
P Orange & Peach
P Orange & Pineapple
P Pineapple, Mango & Passion Fruit
P Summer Fruits
P Tropical


ROBINSONS REFRESH'D

- P** Apple & Kiwi
NK Orange & Passion Fruit
P Raspberry & Apple

ROBINSONS SQUASH'D

- P** Apple & Blackcurrant
P Citrus
P Lemon & Lime
P Orange
P Passion Fruit & Mango
P Summer Fruits

ROCKS

- P** Apple Organic 
P Pear 

ROSE'S

- P** Lime Juice Cordial

RUBICON

- P** Deluxe Guanabana
P Deluxe Guava
P Deluxe Lychee

- P** Deluxe Mango
P Deluxe Passion
P Guava
P Lychee
P Mango
P Mango & Coconut
P Mango Light & Fruity
P Mango, Lime & Mint
P Passion
P Pomegranate
P Sparkling Guava
P Sparkling Lychee
P Sparkling Mango
P Sparkling Passion
P Sparkling Pomegranate
P Spring Black Cherry Raspberry
P Spring Blueberry Pomegranate
P Spring Lemon Lime
P Spring Orange Mango
P Spring Strawberry Kiwi
P Street Drinks Agua Fresca
P Street Drinks Bissap
P Street Drinks Nimbu Pani
P Street Drinks Sharbat
P Watermelon

SAINSBURY'S

- P** Classic Cola
P Classic Cola Diet
P Ginger Ale Dry
P High Juice Apple
P High Juice Apple & Alphonso Mango
P High Juice Apple, Pomegranate & Raspberry
P High Juice Blackcurrant
P High Juice Lemon & Lime No Added Sugar
P High Juice Orange
P High Juice Orange No Added Sugar
P High Juice Summer Fruits
P Indian Tonic Water Diet
P Lemonade
P Lemonade Diet
P Lime Cordial No Added Sugar
P Soda Water

SAN PELLEGRINO

- P** Clementine
P Grapefruit
P Lemon
P Lemon & Mint Infusion
P Orange
P Orange & Blood Orange
P Orange & Prickly Pear
P Pomegranate & Orange

SCHWEPES

- P** Bitter Lemon

- P** Bitter Lemon Slimline
P Canada Dry Ginger Ale
P Canada Dry Ginger Ale Slimline
P Cordial Blackcurrant
P Cordial Lime
P Cordial Orange
P Cordial Peppermint
P Ginger Beer
P Golden Ginger Ale
P Grapefruit & Blood Orange
P Juice Orange
P Juice Pineapple
P Juice Pink Grapefruit
P Lemon & Elderflower
P Lemonade
P Lemonade Slimline
P Muscovado Musky Dark Mixer
P Orange & Cranberry
P Russchian
P Soda Water
P Tomato Juice Mix
P Tonic Water Crisp
P Tonic Water Cucumber
P Tonic Water Floral
P Tonic Water Indian
P Tonic Water Light
P Tonic Water Salty Lemon
P Tonic Water Slimline
P Tonic Water Slimline Elderflower
P Tonic Water Slimline Lemon Zest

SHLOER

- NK** All Products

SNAPPLE

- P** Apple
NK Fruit Punch
P Kiwi Strawberry
P Lemonade
P Lemonade Pink
P Mango

SODA STREAM

- P** All Varieties

SPRITE

- P** Cranberry

- P** Lemon Lime & Cucumber
P Regular
P Zero

STRATHMORE TWIST

- P** Sparkling Lemon & Lime
P Sparkling Raspberry & Apple
P Sparkling Strawberry & Blackberry
P Still Lemon & Lime
P Still Raspberry & Apple
P Still Strawberry & Blackberry

SUN EXOTIC



- P** Citrus Twist
D Pineapple & Coconut
P Pineapple & Coconut Sparkling
P Tropical Fruit
P Tropical Fruit Sparkling

TANGO

- P** Original Apple
P Original Orange
P Original Cherry
P Sugar Free Orange
P Sugar Free Strawberry Watermelon
P Sugar Free Tropical

TASSONI

Available from kosher shops and independent retailers.

-  Cedrata
 Fior di Sambuco
 Mirto in Fiore
 Pescamara
 Tonica Superfine

THE LONDON ESSENCE CO

- P** Ginger Ale
P Ginger Beer
P Soda Grapefruit & Lemon Verbena
P Soda Rhubarb & Cardamom
P Soda Water
P Tonic Water Classic
P Tonic Water Grapefruit & Rosemary
P Tonic Water Orange & Elderflower
P Tonic Water Pink Pepper & Pomelo



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SOFT DRINKS CONT'D....

TROPICANA

- NK** Apple, Raspberry & Redcurrant
- NK** Essentials Berry Boost
- P** Essentials Inner Balance
- NK** Essentials Vitality
- NK** Essentials Vitamin Power
- P** Grapefruit Golden
- P** Grapefruit Pink
- NK** Mango, Kiwi & Passionfruit
- NK** Mixed Berries
- NK** Multivitamins
- NK** Orange & Lime
- P** Orange & Mango
- P** Orange Extra Juicy Bits
- P** Orange Original
- P** Orange Smooth
- P** Pineapple
- P** Pressed Apple
- NK** Red Grape
- P** Ruby Breakfast
- P** Sanguinello
- P** Trop 50 Orange & Mango
- P** Trop 50 Orange Smooth
- P** Tropical Fruit

V WATER

- P** Blackcurrant & Goji Berry
- P** Ginger & Mango
- P** Lemon & Lime

VIM2O

- NK** Fruity Spring Water

VIMTO

- NK** All Products

VIMTO REMIX

- P** Fizzy Mango, Strawberry & Pineapple
- P** Fizzy Raspberry, Orange & Passionfruit
- P** Fizzy Watermelon, Strawberry & Peach
- P** Squash Mango, Strawberry & Pineapple
- P** Squash Raspberry, Orange & Passionfruit
- P** Squash Watermelon, Strawberry & Peach
- P** Still Mango, Strawberry & Pineapple

- P** Still Raspberry, Orange & Passionfruit
- P** Still Watermelon, Strawberry & Peach

VITA COCO

- S** Coconut Water
- S** Coconut Water Peach & Mango
- S** Coconut Water Pineapple
- S** Coconut Water Pressed Coconut

WHOLE EARTH

- P** Apple
- P** Cola
- P** Cranberry
- NK** Elderflower
- NK** Ginger
- P** Lemonade
- P** Orange & Lemon

ZINGER

- P** Ginger Extra Hot
- P** Ginger Organic
- P** Lime & Chilli
- P** Turmeric



SUGAR FREE CONFECTIONERY

BENJAMISSIMO

Available from Planet Organic.

- K** No Added Sugar Chocolate Dark
- K** No Added Sugar Chocolate Praline

CHUPA CHUPS

- NK** Sugar Free Assorted

NESTLE

- P** Polo Mints Sugarfree

PLAMIL

For stockists see www.plamilfoods.co.uk.

- K** No Added Sugar Chocolate Milk
- K** Half Eggs

PLAMIL SO FREE

For stockists see www.plamilfoods.co.uk.

- K** No Added Sugar Dark Chocolate
- K** No Added Sugar Dark Chocolate Espresso
- K** No Added Sugar Dark Chocolate Hemp Seed
- K** No Added Sugar Dark Chocolate Mint

RED

Available from WH Smith stores.

- K** Dark Chocolate
- K** Dark Chocolate Orange & Almond
- K** Extra Dark Chocolate
- K** Milk Chocolate Hazelnut & Macadamia
- K** Milk Chocolate Nut Filling
- K** Milk Chocolate Praline Nut Filling

RICOLA

- P** Sugar Free Alpine Sage
- P** Sugar Free Apple Mint
- P** Sugar Free Cranberry
- P** Sugar Free Elderflower
- P** Sugar Free Glacier Peppermint
- P** Sugar Free Lemon Mint
- P** Sugar Free Liquorice
- P** Sugar Free Mountain Mint
- P** Sugar Free Orange Mint
- P** Sugar Free Original Herb

SESAME KINGDOM

KLBD certified flavoured halvvas. Available from www.sesamekingdom.co.uk. For a full list see www.isitkosher.uk.

SIMPKINS

- P** Chocolate Dark
- P** Chocolate Dark Cranberry
- P** Chocolate Dark Orange
- D** Chocolate Milk
- D** Chocolate Milk Hazelnuts
- D** Chocolate White
- P** Sugar Free Drops Citrus Selection
- P** Sugar Free Drops Ginger
- P** Sugar Free Drops Mixed Fruit
- P** Sugar Free Drops Rhubarb & Custard
- P** Sugar Free Drops Tropical Fruit
- P** Sugar Free M1nts

SPARX

Available in kosher shops.

- K** Berry
- K** Citrus
- K** Fruit

SPRY

- K** Chewing Gum Cinnamon
- K** Chewing Gum Fresh Fruit
- K** Chewing Gum Green Tea
- K** Chewing Gum Peppermint
- K** Chewing Gum Spearmint
- K** Mints Berry Blast
- K** Mints Cinnamon
- K** Mints Lemonburst
- K** Mints Power Peppermint

WERTHER'S ORIGINAL

- D** Butter Candies Sugar Free

SYRUPS & TOPPINGS



ASKEYS

- P** Crackin' Choc Caramel
- P** Crackin' Chocolate Chunk
- P** Treat Sauce Chocolate
- P** Treat Sauce Raspberry
- P** Treat Sauce Strawberry
- D** Treat Sauce Toffee

HILLTOP HONEY

For stockists see www.hilltop-honey.com.

- K** Maple Syrup Pure

LYLE'S

- K** Golden Syrup
- K** Golden Syrup Breakfast
- K** Golden Syrup Maple
- K** Golden Syrup Pouring
- K** Squeezy Syrup Butterscotch
- K** Squeezy Syrup Chocolate
- K** Squeezy Syrup Golden
- K** Squeezy Syrup Strawberry

SWEET FREEDOM

- NK** Fruit Syrup

THE GROOVY FOOD COMPANY

For stockists see www.groovyfood.co.uk.

- K** Agave Blueberry
- K** Agave Caramel
- K** Agave Chocolate
- K** Agave Chocolate Orange
- K** Agave Cinnamon
- K** Agave Honey
- K** Agave Maple
- K** Agave Strawberry
- K** Agave Toffee
- K** Agave Vanilla
- K** Sauce Agave Chocolate
- K** Sauce Agave Chocolate & Orange
- K** Sauce Agave Chocolate & Raspberry

VERMONT

- K** Maple Syrup

YOGHURT DRINKS



ACTIMEL

- D** 0% Fat Original
- D** 0% Fat Raspberry
- D** 0% Fat Strawberry
- D** Blueberry
- D** Coconut
- D** Multifruit
- D** Original
- D** Raspberry
- D** Strawberry
- D** Strawberry & Banana Kids
- D** Vanilla



YOGHURT DRINKS CONT'D....

BENECOL

- D** Blueberry
- D** Cranberry & Apple
- P** Dairy Free Tropical
- D** Mango & Passionfruit
- D** Multifruit
- D** Original
- D** Peach & Apricot
- D** Raspberry
- D** Strawberry

BIO TIFUL

- D** Kefir Baked Milk
- NK** Kefir Flavoured
- D** Kefir Plain

FLORA PRO.ACTIV

- D** Blackberry & Blueberry
- D** Original
- D** Pomegranate & Raspberry
- D** Strawberry

M+LK PLUS

- NK** Salted Honeycomb Hazelnut

MUNCH BUNCH SQUASHUMS

- D** Strawberry

YAKULT

- D** Light
- D** Original

YOPLAIT

- D** Frubes Strawberry
- D** Frubes Strawberry Banana
- D** Petits Filous Strawberry
- D** Petits Filous Vanilla
- D** Yop Raspberry
- D** Yop Strawberry

YOGHURTS & DAIRY DESSERTS

Ordinary plain and fruit flavoured yoghurts, including Greek style, are permitted except when they contain gelatine, cochineal (E120), grape juice or other problematic ingredients. (See list of problematic E numbers on p.5. Further information can be found on our website under FAQ's.) More complex products, such as yoghurt with chocolate, toffee or lemon curd should be avoided unless listed below. Yoghurts should be avoided if they contain bramble fruits (whole or pieces), such as raspberries, blackberries and loganberries, as these fruits are commonly infested and require careful inspection. Fromage Frais and Quark are only permitted when produced under Rabbinical supervision.

ACTIVIA

- D** 0% Fat Blueberry
- D** 0% Fat Cherry
- D** 0% Fat Peach

- D** 0% Fat Strawberry
- D** 0% Fat Vanilla
- NK** Cherry
- D** Fig
- D** Fruit Fusion Prune

All Intensely pots say 'Greek Style'.

- NK** Intensely Creamy Blueberry
- NK** Intensely Creamy Cherry
- D** Intensely Creamy Peach
- D** Intensely Creamy Strawberry
- D** Intensely Creamy Vanilla

- D** Mango
- D** Natural Big Pot
- D** Pouring Natural
- D** Pouring Strawberry
- D** Pouring Vanilla
- D** Prune
- D** Rhubarb
- D** Snapspots Fat Free Cherry
- D** Snapspots Fat Free Peach
- D** Snapspots Fat Free Strawberry
- D** Strawberry

ALPRO

- P** Blackcurrant Elderflower/ Pomegranate
- P** Blueberry
- P** Blueberry/Cherry
- P** Cherry
- P** Greek Blueberry
- P** Greek Mango
- P** Greek Passion Fruit
- P** Greek Plain
- P** Greek Strawberry Raspberry
- P** Greek Vanilla
- P** Mango Kids
- P** No Added Sugars Apple Kiwi
- P** No Added Sugars Cherry
- P** No Added Sugars Mango
- P** Peach & Pear
- P** Peach & Pear Kids
- P** Peach Pear/Strawberry Banana
- P** Peach/Pineapple Passionfruit
- P** Plain
- P** Plain Almond
- P** Plain Coconut
- P** Plain No Sugars
- P** Plain Oats
- P** Strawberry
- P** Strawberry & Banana
- P** Strawberry & Banana Kids
- P** Strawberry Kids
- P** Vanilla

BENECOL

- D** Fat Free Garden Fruits
- Multipack contains Black Cherry, Strawberry, Rhubarb and Peach.

- D** Greek Style
- D** Greek Style Mango & Passionfruit

MULLER

Only the Fruit Corners listed as approved are permitted. Other types of Corners including Bliss, Crunch and Muesli are not approved.

- D** Corner Blueberry
- D** Corner Mini Strawberry
- D** Corner Peach & Apricot
- D** Corner Red Cherry
- D** Corner Strawberry

Since formulations can sometimes be changed, you are advised to check the ingredients of the approved varieties before purchase, to make sure that gelatine has not been added.

- NK** Light Amore Morello Cherry
- D** Light Banana & Custard
- D** Light Cherry
- NK** Light Fruitopolis
- NK** Light Greek Style
- NK** Light Kremas
- D** Light Natural
- D** Light Orange Dark Chocolate
- D** Light Raspberry & Cranberry
- D** Light Strawberry
- D** Light Toffee
- D** Light Vanilla
- D** Light Vanilla Dark Chocolate
- D** Light Vanilla, Orange, Caramel Dark Chocolate

- D** Rice Apple
- NK** Rice Multipacks
- D** Rice Original
- NK** Rice Raspberry
- NK** Rice Strawberry
- D** Rice Vanilla Custard

MUNCH BUNCH

Please note that Munch Bunch Fromage Frais are Not Kosher.

- D** Apricot
- NK** Organic Pouches
- D** Strawberry

MUNCH BUNCH SQUASHUMS

- NK** Huge Tubes
- D** Strawberry
- D** Strawberry & Peach
- D** Strawberry & Raspberry

PROVAMEL

- P** Soya No Sugars
- P** Soya Vanilla

STAPLETON

For stockists see www.stapletonfarm.co.uk.

- K** **D** Bircher Apple & Cinnamon
- K** **D** Blueberry
- K** **D** Fig & Date
- K** **D** Gooseberry
- K** **D** Greek Recipe Lemon Curd
- K** **D** Greek Recipe Natural
- K** **D** Greek Recipe Vanilla

- K** **D** Honey
- K** **D** Mango
- K** **D** Natural
- K** **D** Nectarine & Passion Fruit
- K** **D** Prune & Date
- K** **D** Raspberry
- K** **D** Strawberry
- K** **D** Strawberry Clotted Cream
- K** **D** Sweet & Sour Cherry
- K** **D** Thick & Creamy Blackcurrant
- K** **D** Thick & Creamy Mango
- K** **D** Thick & Creamy Strawberry
- K** **D** Toffee
- K** **D** Vanilla

THE COCONUT COLLABORATIVE

- NK** Blueberry
- NK** Mango & Passion Fruit

THE COLLECTIVE

- NK** Suckies

YEO

Regular Yeo Valley fruit yoghurts fall under general guidelines.

- NK** Bio Live No Added Refined Sugar Fruit Yogurts

YOPLAIT

- D** Frubes Pouches Strawberry/ Raspberry
 - D** Frubes Tubes Banana & Strawberry
 - D** Frubes Tubes Chocolate Caramel
 - D** Frubes Tubes Strawberry
 - D** Frubes Tubes Strawberry, Red Berries & Peach
 - D** Liberte Greek Style
- For a list of approved Liberte products see www.isitkosher.uk.
- D** Perle de Lait Coconut
 - D** Perle de Lait Lemon

Some Petits Filous yoghurts contain Fromage Frais, which is Not Kosher. You are advised to check the ingredients declaration before purchase.

- NK** Petits Filous Greek Style
- D** Petits Filous Little Desserts Chocolate/Vanilla
- NK** Petits Filous Magic Squares
- NK** Petits Filous My First Vanilla
- NK** Petits Filous Pots Fromage Frais
- D** Petits Filous Pots Yoghurt Strawberry/Raspberry
- D** Petits Filous Smoothie Peach & Apricot
- D** Petits Filous Smoothie Strawberry & Banana
- D** Wildlife Choobs Apricot
- D** Wildlife Choobs Raspberry
- D** Wildlife Choobs Strawberry

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KLBD

305 Ballards Lane, London N12 8GB

Tel: 020 8343 6255 Email: info@kosher.org.uk



Chai's big C* of *Care

Thanks to the generosity of the community, Chai Cancer Care provides specialised support to thousands of people across the UK who have been affected by a cancer diagnosis.

To find out more please call our Freephone Helpline on **0808 808 4567** or visit **www.chaicancercare.org**

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Leeds
Liverpool
South Manchester
North Manchester
Glasgow
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Advice Bureau
Financial & Legal Guidance
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Jewish Perspectives on Cancer
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We all have Jami.**

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